

March 2006

Monday 4

On your marks



Keeping a fitness diary and being able to track your progress can help you achieve your goals. By Martin Feaver.

Throughout our lives, particular dates or events become significant to us as individuals. We use these dates and events as markers, which help us to reflect on how our lives have changed over time. And, if you take this approach to fitness, it will help motivate you to achieve your goals.

Comparing then and now will help you to see how your fitness levels improve over a set period of time. Many people who have embarked on a more active lifestyle after a heart attack or bypass surgery can vividly remember how they shuffled through their front door after returning from hospital. But, without setting a marker to help compare their performance within their cardiac rehabilitation class, they would have difficulty in following their progress from one month to the next.

Being able to see your progress in black and white is not only hugely motivating, but satisfying, too. If you can see that you've improved, it will help you to stay committed, why is why it's so important to keep track of your progress.

There are many different simple ways to measure your fitness levels. All you need is a pencil and a calendar!

- ✦ Write "exercise session" in big bold letters on the date you are planning to do it – and make it a regular event! When it's written down you'll be much less likely to back out.
- ✦ Decide on which method you'll use to

monitor your progress (choose a few from the table, right). Remember that weight is not necessarily the best way to measure success because exercising alters your body composition and muscle weighs more than fat.

- ✦ Record your results on your calendar (eg your clothes size and how hard you found the exercise) so you can look at them when you need inspiration.
- ✦ Repeat your exercise session as best as you can on the next marked date and compare your results.
- ✦ If you have been successful in improving your chosen fitness method, try a different one to summon up some fresh enthusiasm – you can always return to your original plan later on and see if you have progressed even further.

DON'T GIVE UP!

If your progress has been disappointing try and find out why. Have you really been exercising as much as you could have, or have you been busy with other things? Did you have a cold for a week, which meant you didn't feel like exercising? Maybe the exercise never really made you breathless and was too easy for you?

Once you know the answer, try and work round it, pick another measure and get marking those exercise days on your calendar – off you go!

GET MEASURING!

Whichever fitness route you choose, have fun, stay positive and keep exercising!

ARE YOU ABLE TO KEEP GOING?

- ✦ Time taken to walk/cycle a set route.
- ✦ Number of lengths covered during your regular swimming session.
- ✦ Amount of skips you achieve in 30 seconds.
- ✦ Number of steps on a pedometer in a day.

LET YOUR BODY DO THE TALKING

- ✦ Trouser/dress size – make sure you use the same item of clothing.
- ✦ Photos – put them where you look each day so you'll be inspired to carry on.
- ✦ Resting heart rate – but not if you take heart rate inhibiting medication such as beta-blockers.
- ✦ Body Mass Index (BMI) – aim for a healthy weight score of 18.5-25.

Here's how to work out your BMI:

1. Work out your height in metres and multiply the figure by itself.
2. Divide your weight in kg by your height squared (ie the answer to 1.)

Example: If you are 1.6m (5 feet 3 inches) tall and weigh 60kg (9 stone, 6lbs), the calculation would be: $1.6 \times 1.6 = 2.56$. Your BMI would be $60 \text{ divided by } 2.56 = 23$ – a healthy score!

TeaBreak

SIT BACK, RELAX AND HAVE SOME FUN!



LET'S ALL PUT MORE ENERGY INTO SAVING LIVES

The British Heart Foundation (BHF) has teamed up with Southern Electric, Scottish Hydro Electric and SWALEC to offer a brand new easy way to raise funds for the nation's heart charity. Together we are putting more energy into saving lives by launching a brand new energy product – energyplus Pulse – which aims to raise a minimum of £300,000 for lifesaving heart research and patient care.

For every person that switches their gas and electricity supply to energyplus Pulse, £10 will be donated to the BHF every year that they are a customer. £5 a year will be donated for switching electricity only.

The donation won't be added to your bill and there are no premiums to pay so you can benefit from standard energy rates warm in the knowledge that you're helping the BHF to keep vulnerable hearts beating. Also, you may even save money on your energy by switching.*

Southern Electric, Scottish Hydro Electric and SWALEC, are part of Scottish and Southern Energy, which has been ranked No. 1 UK Domestic Electricity Supplier in Customer Satisfaction in the UK in a recent independent study.** As well as caring for their customers, they're committed to protecting the environment and are the UK's biggest generator of renewable electricity.

It's simple to switch. There's no need to change your pipes, wiring or meters.

Call 0800 316 2187 or apply online at www.energypluspulse.co.uk



WIN fantastic healthy kitchen prizes

To celebrate the launch of energyplus Pulse you have the chance to win some fantastic healthy kitchen prizes kindly donated by Southern Electric, SWALEC, and Scottish Hydro Electric.

First prize is an Indesit Larder Fridge worth £140! We also have runner up prizes of a Revlon Weight Watchers Glass Precision Scale, a Revlon Weight Watchers Fat Precision Scale, a George Foreman Heath Grill and a Kenwood White Smoothie Maker.

For a chance to win, send your name, address and daytime contact details on a postcard to: **Healthy Kitchen Prize Draw**, PO Box 2216, London. W1A 1WQ. Closing date for entries is 31 March 2005. All entrants receive a leaflet which has more information about energyplus Pulse. If you prefer not to, write 'no leaflet' in the top left hand corner of your postcard. You do not need to sign-up to energyplus Pulse to enter the prize draw.

*energyplus Pulse costs no more than our standard energy prices and is cheaper than the local electricity supplier for electricity (except where the local supplier Scottish Hydro Electric, Southern Electric or SWALEC) and cheaper than British Gas for gas.

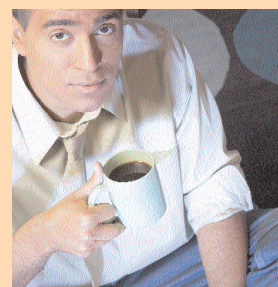
energyplus Pulse is not available on a gas-only basis and excludes some tariff/meter types.

PUTTING MORE ENERGY INTO SAVING LIVES

** J.D. Power and Associates 2005 United Kingdom Electricity Supplier Domestic Customer Satisfaction Study. Study based on 2,609 telephone interviews conducted in July-September 2005. www.jdpower.com



QUIZ



1. How many cups of instant coffee is a moderate amount to have per day?

- A. 1-2 cups
- B. 2-3 cups
- C. 3-4 cups

2. How many blood samples were taken over five years for the BHF's family Heart Study?

- A. 3,500
- B. 4,000
- C. 4,500

3. Why is Wednesday 9 March 2006 a special date?

- A. It's National No Smoking Day
- B. It's National Vegetarian Day
- C. It's Take Your Dog to Work Day

ANSWERS: 1B, 2C, 3A

PAST WINNERS Winners of our Healthy Eating prize draw from Issue 6 were: First prize went to Ms L. Konoso. She won a fish-shaped, terracotta Brick Steamer, a pair of innovative Male and Female Diet Plates, a copy of *The Healthy Food Directory*, a pair of Walk Tall mugs and a £10 voucher to spend in the *BHF Healthy Lifestyle Catalogue*. Three runner-up prizes went to Mr J. Taggart, Mr P. Harness and Mr D. Turbitt. They each won a pair of Male and Female Diet Plates and a £10 voucher to spend in the *BHF Healthy Lifestyle Catalogue*.

Sign up to heart health for FREE!

You can get every issue of *heart health* delivered direct to your door, for free! All you need to do is call the British Heart Foundation on 0870 600 6566. Don't miss out, call us today!