



Welcome to the HealthPT newsletter. The objective of this newsletter is to provide health and fitness tips along with current research to help you in your training & achieving your goals.

I hope you all had a great 2009 and 2010 is going to be your year to flourish.

This month we will focus on:

- [Is stress making you pants tight?](#)
- [Group Boxing](#)
- [Gift Vouchers](#)

### Is stress making your pants tight?

Before you start your health and fitness goals for this year, consider evaluating the stress in your life. Before you can gain optimum health you need to get to know yourself.

Our stress response was developed thousands of years ago to enable us to escape or stay & fight the lion or whatever dangerous predator there was around at that time. When danger is imminent the stress hormone cortisol rushes into our blood stream and a large amount of blood and energy is drawn away from our major organs and digestive process towards our working muscles.

During stress digestion is significantly inhibited - your body has better things to do than digest breakfast when you are trying to avoid being someone's lunch! When present for long periods cortisol effects our insulin levels and our metabolic rate which encourages the body to hold onto fat; it will also relocate fat stores from other parts of the body and store it in the abdominal area to protect major organs.

A similar scenario exists in relation to growth and reproduction - if you are in a prolonged state of stress you can worry about ovulating and building lean muscle another time as your body is too busy managing stress to actually do what you need it to do.

A large body of evidence suggests that stress related disease emerges due being in this stressed state for months sometimes years on end, worrying about mortgages, relationships, promotions and issues within ourselves.

#### Tips to balance your stressors

Three types of rest:

- 1) Total rest: try to get 8 – 10 hours sleep a night
- 2) Active rest: do your favourite pastime/activity at a reduced intensity
- 3) Passive rest: try an activity that you haven't done before i.e. meditation/Qi gong

Make it one of your goals this year to learn more about what makes you tick, do some reading, seek professional help if needed. If you wish to achieve your goals for this year, you have to change your mind.

**“You can't solve a problem with same thinking that created it”** – Albert Einstein.

The attached file provides a short visual summary of this topic - please contact me if you would like more information.

## Group Boxing

Weekly class held every Wednesday morning @ 6.30am - \$20 per person per session.  
Give me a call if you would like to join us.

## Gift Vouchers

Personal Training gift vouchers are the perfect gift for birthdays, morale for employees or a way to say thanks to someone – give the gift of good health & wellbeing. HealthPT can supply gift vouchers for any amount – either a 1 off program session or a series of training sessions. Just give me a call or [email](#) to discuss the options you have in mind as we can tailor a package to suit.

Regards,

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