


# REVAMP YOUR LIFE

## The keys to lifelong vitality



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# Planning ahead for a full productive life

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- Everybody wants to have a full and productive life and for this to happen we need to have
  - good health (physical, mental),
  - good relationships (friends, family),
  - freedom (dreams, goals),
  - interests (hobbies), and
  - financial security (financial advisor).




# What can you do to improve your well-being?

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Let's first look at your overall health:

- Are you a smoker?
- Do you have a family history of a particular disease?
- Are you a regular drinker?
- How long since you did any type of exercise?



# What happens when you have a sedentary lifestyle?

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- Shift in ratio of body fat to muscle mass.
  - Drop in aerobic capacity.
  - Rise in blood cholesterol.
  - Increased tendency to develop blood clots.
  - Calcium loss from the bones.
  - Decreased ability to control blood sugar.
  - A rise in blood pressure.




# What does my blood pressure reading mean?

■ OPTIMAL		120/80
■ NORMAL		130/85
■ HIGH NORMAL	130/85	139/89
■ MID-ELEVATED	140/90	159/99
■ MODERATELY ELEV		160/100
	179/100	
■ SEVERE HIGH		
	179/100	



# Prepare your body now for years of good health

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- Get your doctor to check:
    - cholesterol & blood fats;
    - blood pressure & cardiac assessment;
    - bone density;
    - prostate, breast and pap smear;
    - vision and hearing;
    - diabetes.



# What about the benefits of exercise?

- - Exercise helps you:
    - control weight;
    - have stronger bones( try some simple weight training);
    - feel more relaxed;
    - lower blood pressure;
    - have stronger and more flexible muscles;
    - have a healthier blood cholesterol level;
    - and



# What sort of exercise is best?


- At least 10 to 15 minutes of walking three times a day for well-being (pole walking will also improve aerobic function).
- Aim to walk for 10,000 steps a day.
- Lots of stretching to stay flexible and reduce stiffness.
- Water exercises to relieve pain (deep water work out).
- Massage to encourage relaxation.
- Special exercises to improve balance.




# What about food? What should I eat?


## The Australian Dietary Guidelines

- Enjoy a wide variety of nutritious food.
- Eat plenty of breads, cereals, vegetables, and fruit.
- Eat a diet low in saturated fat.
- Maintain a healthy body weight.
- If you drink alcohol, limit your intake.
- Eat only moderate amounts of sugar.



# Some issues that lead to unwanted STRESS

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- Have you financially planned for your retirement?
  - Have you looked at what your finances will be after retiring, and have you done a budget to support this?
  - Do you know how to get the best out of your superannuation?
  - Have you found a financial planner to whom you can talk so that you can




# Let's take a look at your legal affairs




## ■ Don't forget **“The Will”**

- When was the last time you checked your will?
- Make sure that your will really states how you want your affairs to be distributed.
- Choose an executor in whom you have complete confidence and with whom you have discussed your wishes in depth.

## ■ Have you thought about a **Power of Attorney?**




# What can you do to help produce a full and productive life?

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- Seek financial security (get a financial planner).
  - Enjoy time with friends and family.
  - Pursue new interests and re-address some old ones.
  - Enjoy moving around and discovering new territory.
  - Occasionally find time to be alone (down the

# Start putting lifestyle issues first



- Get out of the ordinary and experience the extraordinary.
- Put more energy into enjoying your life by spending more time on your interests and dreams.
- Set goals and look at doing things that are achievable and that you enjoy.
- Research the benefits of relocating (downsizing, changing jobs), then discuss this with others and research the positives and the barriers.
- Seek out new friends by joining new groups.



# Designing your own healthy lifestyle plan today - reduce the stress in your life

- Seek the help of a professional financial planner.
- Start to plan and organise yourself so as to put more direction into your life.
- Prepare a list of interesting leisure activities to pursue.
- Make a decision about the value of having a healthier life.
- Set some real priorities in order to have a healthier, more fulfilling lifestyle.
- Value time, manage it carefully, and learn a



# Start revamping your life

## A check list to help you get “on track”

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- Go some-place new and do and learn something new.
- Don't be talked out of taking on “new challenges”.
- Try something that makes you feel “alive”.
- Find new ways to give yourself to others (enjoy a variety of voluntary work).
- Eliminate stress - be more open, leave time for yourself.
- Develop a good understanding with your

# Today is the beginning of a new direction

*Everyone needs to take a new look at themselves financially, emotionally, physically, and even*

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Getting it all together • 101

