

How to Take the Ranch Home

Address Your Stress

1. Schedule at least ten minutes of relaxation daily.
2. When you're in stressful situations: breathe deeply—for the health of it.
3. When possible, avoid situations that cause unnecessary stress.
4. Worry for ten minutes every day. After ten minutes, no more worrying permitted.
5. If you don't like something, change it. If you can't change it, don't worry about it.
6. Make minor decisions quickly.
7. Look for the humor in life. Begin by taking yourself more lightly.
8. Create a humor bulletin board at work and at home.
9. Exercise to relax: stretching, yoga, birdwatching, easy walking, easy bicycling.
10. Leave your work at work and your worries out of the bedroom.

Eat for the Health of It

1. Eat more fruits and vegetables, breads and cereals, potatoes, pasta, rice.
2. Eat less high fat animal and dairy products.
3. Order more baked, broiled, steamed and fresh foods from the menu.
4. Order less fried, creamed, breaded and basted foods from the menu.
5. Take low fat food to work: fruit, veggies, popcorn (no oil), tuna (water packed).
6. Read the labels. If the product is fat-free, be suspicious. It may be loaded with sugar.
7. Call the American Heart Association at 1-800-242-8721 and request free information on "An Eating Plan for Healthy Americans."
8. Eat a moderate breakfast, a larger lunch and a smaller dinner.
9. Eat when body is hungry, stop when body is satisfied, eat what your body wants.
10. Drink eight glasses of water daily. Drink more when exercising or in hot climates.

RECOMMENDED RESOURCES AND READING LIST

I Know I Should Exercise, But... (Joe's book) El Mercado, bookstores or amazon.com
Growing Old Is Not For Sissies (book)—Pomegranate Calendars & Books 800-227-1428
(inspiring stories & photos of aging athletes)
University of California at Berkeley Wellness Letter (newsletter on wellness) 904-445-6414
San Francisco area Hike A Month Club Jan Bert (510) 531-2821 or jbert3701@sbcglobal.net

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Make Time for Exercise*

1. Make Exercise Fun. Select activities you enjoy, and frequently vary your workouts.
2. Give Pace A Chance—
Start small and build gradually to at least 30 minutes of exercise every other day.
3. Plan To Move. Schedule your exercise for the upcoming week—in red ink.
4. Gather Support. (workout partners, hike-a-month club)
5. Balance Your Workouts. As you move beyond the beginner level:
Elevate your heartrate for at least 15-20 minutes on most days of the week.
Perform at least 10 minutes of strength training (machines, handweights or calisthenics) on 2-3 non-consecutive days each week.
Stretch for 5 minutes at the end of every workout.
6. Take Active Vacations. (spas, walk or bike tours, raft trips, environmental vacations)
7. Make Exercise A Priority. Commit to exercise for 30 days, and you will.

Write 1-3 Realistic and Specific Health Goals

Examples:

"I will do a ten-minute session of relaxation/meditation every morning."

"I will do a brisk walk for 20-30 minutes three days each week."

1. _____

2. _____

3. _____

Commit to the above goals for 30 days.

Goalmate's goal: _____

Goalmate's email/phone _____

Contact your goalmate in two weeks and again in four weeks, offering support and encouragement.

During the next 30 days...

Check your progress (without stepping on a scale):

Are you feeling better?

Is your attitude more positive?

Do you have more energy and less stress?

Are your clothes fitting looser?

Build on your success. Add more healthy habits to your daily routine...one at a time.

Via email (sweeneyfit@mac.com) or postcard, tell me how you have taken the Ranch home.

***Consult a doctor before starting an exercise program.**

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