



Newsletter: 003

Date: February 2008



Dear Friends,

In my last Newsletter I talked about setting goals for the New Year, but if like me, you spent most of January trying to regain an even keel after the whirlwind that is Christmas and New Year, then February might realistically be the first opportunity to sit down and take stock.

In looking forward, we'd do well to stand on the shoulders of the past (so a rather large Maori once told me in Rotorua, NZ). With this in mind I'd like to draw your attention to a health survey which did just that; it looked back in order to decide the best route ahead.

Looking back over the last four decades it revisited half a million studies which examined the dietary causes of cancer. The best 7000 of those studies were chosen for deeper analysis by a select team of 21 leading scientists.

The results of which were published last year and deemed significant enough to make front-page news last November (The Times, November 1st 2007; Nigel Hawkes).

The study is remarkable not only because of its sheer size (after trawling through half a million studies the best 7000 were reviewed), but because it reveals that weight is even more key than the experts once thought.

www.evolutionaryfitness.co.uk

The review highlighted that being 'even slightly overweight' increases your risk of the most common cancers, including; breast, bowel and pancreatic cancer. Worryingly, it reports that storing excess body fat can cause a whole host of cancers.

On a more positive note, this means that even a moderate weight loss can have a serious positive impact on the quality of our lives. Indeed, our aim should be to reach the lower end of the healthy weight range for age, height and gender, with a BMI as low as possible within the normal range.







Interestingly, and to re-affirm my presence in your lives, the dietary recommendations in the study match uncannily with the advice and recommendations of Evolutionary Fitness...

Do these 'commandments' look familiar?

Do:

-  Stay lean
-  Exercise daily
-  Eat greens, grains and vegetables

Don't:

-  Eat bacon, ham or processed meat
-  Eat much red meat
-  Eat fast food
-  Eat much salt
-  Drink sugary drinks
-  Drink much alcohol

What the study undisputedly tells us is that our aim throughout adulthood is to remain as lean as possible and avoid weight gain.

So as we look forward to a future of health and vitality, let's use this study to affirm why we commit to our training and follow the guidelines of a healthy diet.

Not only do we want to look and feel fantastic, we want to enjoy a long and fulfilling life, with minimal risk of developing any kind of disease.

So here's to healthy eating, hard training and a year's free personal training to the first friend to reach 100!

Laura

