



## RESILIENT!

LEADERSHIP & THE INTEGRAL LIFE

June 2008

Edited by Dr Sven Hansen

Welcome to RESILIENT! - Our client newsletter which aims to bring you topical and practical ideas to improve leadership, build resilient organisations and create a meaningful life.

### Physical Fitness – Part 1 of 3

By Dr Sven Hansen

It has been a while since we focused on exercise which is, for most of us, the cornerstone of a resilience-building practice. In the following series of newsletters we will focus on the most important elements of physical fitness. I will share the experience I have gained in 45 odd years as an athlete, sports doctor, corporate health campaigner, and as a middle aged exercise activist.

The clear message from decades of research is that a dollar or a minute spent in physical activity is the single most valuable investment we can make in our personal, family and community wellbeing. We all know this. The challenge is to make it a workable habit in our daily lives.

Effective and enjoyable physical activity requires experimentation, personal coaching and experience-based customisation to fit your body types, lifestyles, age and social needs. The sooner we get this embedded into our lives the more expansive the benefits.

A good starting point is with the American College of Sports Medicine Guidelines ([www.acsm.org](http://www.acsm.org)) and American Heart Association. The new guidelines, released in 2007, are:

Do moderately intense cardio 30 minutes a day,  
five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3  
days a week

And

Do eight to 10 strength-training exercises, eight  
to 12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Their recommendations for embedding this into your life include:

- **Do it in short bouts.** Research shows that moderate-intensity physical activity can be accumulated throughout the day in 10-minute bouts, which can be just as effective as exercising for 30 minutes straight.
- **Mix it up.** Combinations of moderate- and vigorous-intensity physical activity can be used to meet the guidelines. For example, you can walk briskly for 30 minutes twice per week and jog at a higher intensity on two other days.
- **Set your schedule.** Maybe it's easier for you to walk during your lunch hour, or perhaps hitting the pavement right after dinner is best for you. The key is to set aside specific days and times for exercise, making it just as much a regular part of your schedule as everything else.
- **The gym isn't a necessity.** It doesn't take an expensive gym membership to get the daily recommended amount of physical activity. A pair of athletic shoes and a little motivation are all you need to live a more active, healthier life.
- **Make it a family affair.** Take your spouse, your children, or a friend with you during exercise to add some fun to your routine. This is also a good way to encourage your kids to be physically active and get them committed early to a lifetime of health.



It is hard to go wrong if one follows these very carefully considered and well researched recommendations. If you are over 65, they recommend an extra session of strength training and additional balance exercises.

So, if you want to follow the build up of a programme with us why not start immediately and see how you progress as you follow us on the journey.

1. Go to a good sports shoe store that can assess your gait and suggest the appropriate shoe for you. This is a very important element for long term enjoyment. The shoe should be comfortable, snug, flexible enough to facilitate foot movement but also supportive if you tend to collapse.
2. Start walking five days per week. A number of studies plus our experience suggest that a morning or lunch walk is more likely to improve sleep quality. If you can get 30 minutes in before breakfast – fantastic. If not try to do 10 minutes before work, 10 at lunch and 10 minutes in the evening before dinner.
3. Monitor intensity. It is far better to start slowly over shorter periods and to maintain the daily discipline. Set a goal of enjoyment. Appreciate the

environment and fresh air but pay attention to your body. Notice your foot plant, take off, stride and your breathing. Pay attention to how your muscles work. Keep your breathing even and lengthen the exhale to activate the diaphragm.

4. Add gentle stretches making sure to stretch the hamstrings, quadriceps, calves and gluteals. Hold each stretch for at least 30 seconds breathing smoothly. Get assistance if you are not sure or have a tendency to back, knee or calf strain.
5. Pay attention to alignment. Land on the outside of your heel and roll off the ball of your foot and big toe. Keep your knees aligned with the second toe. Maintain a slight tension in your lower belly and contract your gluteal muscles strongly.
6. Twice a week spend 5 minutes practicing squats, press-ups, abdominal crunches and pull-ups. Aim for 10 to 12 repetitions.

See how you go over the next month before we will increase the intensity.

## About Us

Based in Australia, New Zealand and Canada, The Resilience Institute works with senior executives and the entire employee base to build organisational and personal resilience. The Resilience Institute uses an evidence-based approach to introduce the personal disciplines of sustainable high performance within a meaningful life. The Resilience Institute achieves sustainable and measurable improvements using assessment instruments, consulting reviews, workshop interventions and personal coaching.

For further information...

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## Upcoming Resilience Programs

### Practical Resilience Program – 2 Day Public Program Sydney

We are pleased to launch our public Resilience program for the first time in Sydney.

This is a unique opportunity to explore an integrated approach to resilience and leadership with participants from other organizations. This 2 day program presents a holistic model underpinned by building personal resilience to create peak performance and facilitate reaching out to your full potential.

The program aims to help you:

- Develop emotional intelligence
- Master stress and peak performance states
- Build physical vitality and immune system through sleep optimization, nutrition and exercise
- Develop cognitive discipline and have more focused, realistic and optimistic thinking
- Reframe events and challenge/dispute beliefs
- Build authentic happiness
- Identify values and passions and design an Integral Practice
- Develop real-time practices for sustaining resilience and performance

### Health & Resilience Assessment

Participants will have the opportunity to use our Internet-based HealthCheck tool to assess their stress, health, lifestyle, nutrition, fatigue and readiness for change prior to attending the program.

### Program Dates

Sydney : 23-24 July 2008

Melbourne : TBA

### For More Information...

- Visit our website [www.resilienceinstitute.com.au](http://www.resilienceinstitute.com.au) and download a brochure and registration form
- Contact Stuart Taylor in Melbourne on +613 9822 6176
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