



RESILIENT!

LEADERSHIP & THE INTEGRAL LIFE

September 2006

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.

To be Fit or to be Thin?

By Dr Adam Fraser

We have scientific proof that you can have your cake and eat it too – provided you run to the shop for it! Groundbreaking research from the Cooper Institute in Dallas, Texas, has completely changed the way we look at the health benefits of exercise (1).

We know that people who exercise live longer and thought that it was due to the slimming effect, thus protecting you from heart disease, diabetes, cancer, stroke and joint problems. The study from Texas shows that to live longer, it is more important to be fit than to be thin. Your fitness level has a significant impact on your chances of dying, irrespective of how much excess body fat you're carrying. Specifically the study showed that individuals who had the lowest fitness levels were 4.6 times more likely to die at any point than individuals with the best fitness levels. Hence, an overweight person who exercises regularly will live longer than a thin person who is unfit.

Changing Mindsets!

In the past we judged the success of an exercise program by how much weight we lost. Many people would start exercising and if we hadn't lost weight after two weeks they would think, what is the point? These findings demonstrate the benefits of exercise for those who are overweight or obese. It provides an excellent source of motivation for people who are exercising but may not be experiencing significant reductions in weight, now they can exercise knowing that they are receiving huge health benefits **even if they are not getting any lighter.**

How fit is fit?

So how fit do you have to get to see any benefit? The answer is just a little. The group with the lowest fitness levels who graduated into the moderate fitness level showed the greatest percentage reduction in chances of mortality. While progressing all the way up to the top fitness level will further reduce your chances of mortality the return on investment is not as great. To get into the moderate fitness level group you only needed to do 30 minutes of moderate aerobic activity every day. What is moderate physical activity I hear you ask? It is any exercise that elevates your heart rate so that you are breathing heavier. A perfect example would be a brisk walk where you can just hold a conversation.

How much do we need to do?

In terms of exercise volume your goal should be to get to do at least 30 minutes of exercise each day of the week. Research shows us that 30 minutes should be the bear minimum amount of exercise and anything above this gives your health a huge boost. A recent study in Italy found that when individuals increased their exercise from 30 minutes to 45 minutes each day, they doubled the health benefits (reduction in blood pressure, cholesterol, glucose levels: to mention a few) that they



got from the exercise (2).

Why we need to exercise!

Winston Churchill once said, "every time I get the desire to exercise I lie down and it goes away". Unfortunately almost 60% of us share his view and don't do regular exercise. Studies show that our average physical activity levels have dropped dramatically since the late nineteenth century, or the industrial revolution. We use a lot less energy, (about 17 kilometres walk) less than our relatives did only 120 years ago. Sloth is driving increasing the incidence of diabetes, heart disease, syndrome X, osteoporosis, depression, cancer and obesity. Yet with just 30 minutes of exercise each day we can dramatically reduce our chances of getting the above diseases. Physical activity has been shown to reduce the chances of developing breast cancer by 40%, the chances of developing diabetes by 50%, it strengthens our bones protects our heart and even makes us happier, thus reducing our chances of depression. Not a bad return on investment. If there was only one thing you could do to improve your health regular physical activity should be it.

Getting started!

- Start slowly! Don't aim for 30 minutes straight off, start with 15 minutes, three times per week and build up from there.
- Start gently! Don't exercise too hard at the beginning, choose a level that is easy and slowly increase the intensity over time.
- Select joy! Boredom and excessive repetition reduces motivation. Add variety – outdoor activities, dancing and team sports.
- Involve other people! Enlist friends and family to exercise with you. Exercise for quality time with others. Try "walk and talk" meetings.

Moderation remains the key. You don't need a six-pack, just get out there, do some

exercise each day and enjoy a richer and longer life.

References...

- (1) Church TS, Cheng YJ, Earnest CP, Barlow CE, Gibbons LW, Preist EL, Blair SN: Exercise Capacity and body composition as predictors of mortality among men with diabetes. *Diabetes Care* 27:83-88, 2004.
- (2) Di Loerto CD, Fanelli C, Lucidi P, et al: Make your diabetic patients walk. *Diabetes Care* 28 1295-1302, 2005.

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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Resilient Programs

Practical Resilience Program – Public Program - Melbourne

There is more to life than living in negative stress, fatigue and illness that is often associated with the “dash for cash” and “dash for career”. Resilience is a key competence to help you to live and work with **higher engagement, health and happiness** and ultimately reach out to your full potential.

In two half-day workshops, learn how to train your brain and build your happiness and resilience...

- ✓ Health & Resilience assessment
- ✓ Introduction to Resilience
- ✓ Mastering Relaxation and Fatigue
- ✓ The Practice of Flow
- ✓ Health and Physical Vitality
- ✓ Emotional Intelligence
- ✓ Brain Training & attention control
- ✓ Spirit in Action

Previous attendee said...

"I found the Practical Resilience Program run by Stuart to be enlightening! I feel that I have gained valuable insight into my own behaviour and lifestyle and have implemented numerous principles from the course." Michael Schiller, Managing Director Modern Promotions

Next Programs

11 & 31 October 2006 in Melbourne

21 November & 14 December in Melbourne

- Visit our website www.resilienceinstitute.com.au and download a registration form
- Contact Stuart Taylor in Melbourne on +613 9822 6176
- Email info@resilienceinstitute.com.au



Resilient Products

Freeze-Framer: Own a Resilience Building Biofeedback Device

FREEZE-FRAMER, from the Institute of HeartMath, is the most practical way to assess & build resilience under different situations.

➤ **Why we use FREEZE-FRAMER for Resilience Training:**

The HeartMath Institute has a long scientific background with hundreds of clinical studies showing measurable benefit & positive outcomes.

FREEZE-FRAMER quickly helps our clients build proficiency in a number of our Resilience Disciplines, these include:

- Mastery of effective diaphragmatic breathing (Stress Mastery)
- Quick relaxation & stabilisation (Physical Vitality)
- Cardiovascular biofeedback for lowering pulse and blood pressure (Physical Vitality)
- Building emotional resonance for stronger empathy and resilience (Emotional Competence)
- Preparation for critical meetings, presentations and negotiations (Emotional Competence)
- Management of attention disorders in kids and adults (Cognitive Discipline)
- Feedback on negative and helpless thinking (Cognitive Discipline)
- Create physiological state for optimal mindfulness, prayer or meditation (Spirit in Action)

\$450.00*
*plus GST & Postage



Practical Resilience Books

Dr Sven Hansen has written five practical books on the five disciplines of Resilience. They are practical & user friendly introductions to the concepts of Resilience & help you build your own practice strength.

1. Stress Mastery: Being Calm, Alert and Engaged
2. Physical Vitality: Enhance and Extend your Life
3. Emotional Competence: The Feeling of Being Alive
4. Cognitive Discipline: Creativity, Decisions & Execution
5. Spirit in Action: Moral Resilience, Leadership and Enlightenment

Full Series \$60*
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Each Book \$15*
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Facial Expressions Training CD by Paul Ekman

Build empathy: develop accurate, fast facial expression recognition.

We display around 250,000 facial expressions per day. In a busy complex workplace this is one of the leading sources on knowledge and emotional intelligence. With this CD you can train yourself to recognise micro-expressions (flashed in 0.5 seconds) and subtle expressions (part expressions).

Including tests, practice, tutorials and progressive difficulty this CD is the key to developing your capacity to read other and apply your leadership with skill and understanding.

"Probably the best hour's investment you can make!" Dr Sven Hansen



\$70.00*
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For more information on products, visit our website www.resilienceinstitute.com.au