



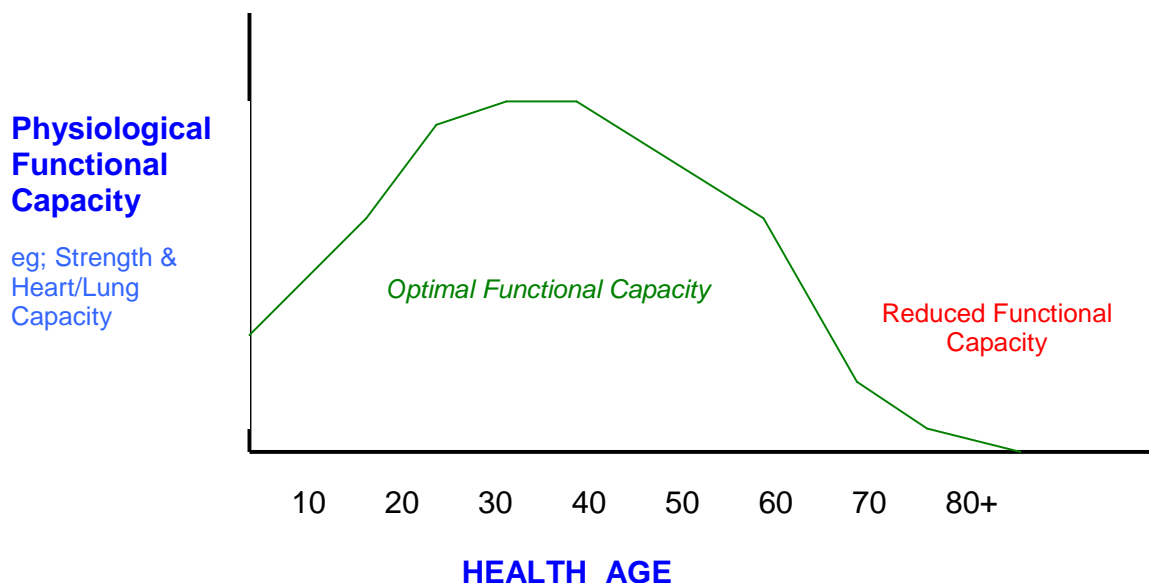
The Age of Health and Balance

There is so much talk about anti-aging that we'd be forgiven for thinking that there's something wrong with growing old. Most people have this image of the elderly person sitting in the rocking chair on the front porch with the crocheted blanket over the knees, head tilted to one side and saliva dribbling from the mouth – not a pretty picture. In contrast to this there was a lady in France a few years ago who was 122. She was asked “what is the best thing about being over 100?” Her spritely response was “ The first thing that comes to mind is that there is no peer pressure!” Some elderly people are more mentally alert than some 30 year olds.

Another Centarian – Les Amey won the gold medal in the final of the 1500 metres at the World Veteran Games in July 2001. He was competing in the 80 years and over category and easily defeated his rivals, some of whom were 20 years younger than he. How did he do it? The answer is, he wasn't really 101 years old when he won the event. His chronological age was 101 but his physiological age was 30 years less. He had a 'Health Age' of 70. Favourable genes may account for about 10% of this. However, 90% of our 'Health Age' is determined by the choices we make. We can all become younger if we make the right choices. Our new corporate health program 'A Course in Living Balance' incorporates a health assessment which calculates your 'Health Age'

The Living Balance course is not an anti-aging program, it's about ageing well. Ageing brings with it wisdom, experience and emotional maturity. If we can combine these benefits with a physical and mental state that helps us to look and feel better, have more energy and be less susceptible to premature disease; then ageing becomes a much more fulfilling experience. The *Course in Living Balance* provides a simple assessment protocol covering health parameters such as cholesterol, blood pressure, weight, aerobic capacity, strength & flexibility, nutrition and stress management skills. Results are then used to calculate 'Health Age'. The program also includes a seminar series, workbook and health coaching sessions to assist individuals with making sustainable behaviour changes that significantly lower 'Health Age' resulting in more energy and better health.

“Living Balance adds life to your years and years to your life”



Health Age is an indicator of your physiological health (or functional capacity) relative to your chronological age. Thus you could have a chronological age of 60 years but be able to function physiologically on a par with the average 40 or 50 year old. Or you could be celebrating your 40th birthday but have the physiological health of the average 60 year old.