

Here are your articles for the month of September. Enjoy.

If you have opened this document I am picking you are one of the folks who like to use some of the content. So give me some of your thoughts on what sort of content you want. Call me 021 833 976 or send an email [julz@bigredball.co.nz](mailto:julz@bigredball.co.nz)



There is a lot of jargon around health and exercise. You could be forgiven for thinking it’s supposed to be confusing. With paleo and clean eating and holistic health… It’s confusing even for us.

The bottom line is about finding out what works for you whatever it’s called, that’s what I am here for.

Here are some easy definitions to get you started:

Paleo: Proponents of the diet therefore recommend avoiding any foods that are thought not to have been available to folks during the paleolithic time, including dairy products, grains, legumes, processed oils, and refined sugar.

Holistic: Holistic practise upholds that all aspects of people's needs including psychological, physical and social should be taken into account and seen as a whole.

Clean Eating: Eating clean is the practice of avoiding processed and refined foods and basing your diet on whole foods.



RUNNING WITH YOUR BABY-

Being able to exercise with your baby along is a time management and financial dream come true- no childcare costs and trips to do drop off and pick up of little ones.

Your baby is not ready to be jiggled about as you run until 6 months old, so it’s hill climbing and power walking until then.

* Maintain posture as if running on the spot, with butt tucked in.
* Change handgrip regularly, using under handgrip as often as possible.
* Think about aiming to work for longer rather than harder as you start out. Work at a pace where you feel like you are getting your heart rate up BUT can keep going.
* Keep thoroughly hydrated, especially if you are breastfeeding.



**What is cholesterol?**

Cholesterol is a part of our body’s system. A level of cholesterol is essential to life.

There are 2 types of cholesterol, HDL (high density lipoprotein) cholesterol is the good cholesterol, it removes bad cholesterol from our artery walls. The bad cholesterol is LDL (low density lipoprotein) cholesterol. This is the cholesterol we are meaning when we talk about our cholesterol levels.

High blood cholesterol can lead to heart disease.

**How do I know if I have high cholesterol?**

You can take a blood test at your Doctors. The heart foundation recommends a total blood cholesterol of 3.0 to 5.0 mmol per litre of blood.

**What causes high cholesterol?**

There is a segment of the population who will have a genetic predisposition to high cholesterol levels.

The main cause of high cholesterol is a diet too high in fat, specifically saturated fat.

This diet increases the LDL cholesterol levels in our body. LDL cholesterol deposits cholesterol in our cells causing narrowing and hardening of the arteries.



"Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them."  - [Orison Swett Marden](http://www.brainyquote.com/quotes/quotes/o/orisonswet134903.html)

"The secret of getting ahead is getting started." -- [Agatha Christie](http://www.goodreads.com/quotes/394975-the-secret-of-getting-ahead-is-getting-started)

"I run…

I may be slower than a turtle wading through peanut butter…

… But I run!" -Unknown

"When I exercise, I wear all black. It’s like a funeral for my fat" -Unknown

