



Bat-Zion Suskind-Sacks

The art of living well

Newsletter



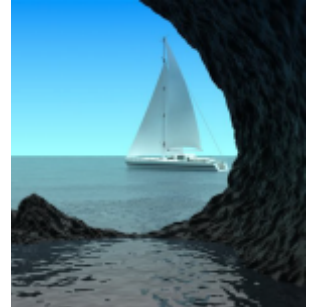
Issue 4: January 2008



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"Twenty years from now, you will be more disappointed by the things you did not do than by the things you did do. So sail away from the safe harbour. Explore, dream, discover." - Mark Twain



We all love new beginnings. As the clock chimes the last twelfth hour of the ending year, we feel like we can start all over. We are infused with new determinations and resolutions to become the healthy, happy and better person we always wanted to be.

Unfortunately, most resolutions become delusions, generally by the end of February, once we realize that we cannot change everything overnight. It was an unknown author who once said: "Many people look forward to the new year for a new start on old habits." How then can we turn this year's resolution into a success?

Here are a few keys you might consider in order to achieve this year's goals:

- **Make your own plan** - Put some thought into your resolution. Write down your specific goals, i.e. how much weight you want to lose. Make them realistic. Why you want to lose that weight. Set a target date for achieving your goals. What will happen once you reach your goals. How will you maintain that behaviour.
- **Educate yourself** - If you have not been successful with past years' resolutions, you will need to do some research and check resources. You will need to figure out your bad habits and replace them one at a time. Make sure you do not overload yourself. You will need to learn some new techniques and skills and get some help in order to ensure your success
- **Keep your resolution on the "to do" list everyday** - you will need to remind yourself of your resolution everyday. Write it down and post it in a visible place. Keep a journal to track your progress
- **Share your resolution with supportive friends** - The more people that know, the more people there will be to help and push you along if you fail to cope.
- **Don't give up** - Even if we will not always want to exercise and eat healthy, don't panic. You have not failed in your resolution. Remember, your resolution is for the entire year. If you stopped for a week, or even a month, you can always start up again. You do not have to wait until the end of the year to re-start.
- **Reward yourself** - treat yourself often to a reward for your efforts and for sticking to your resolution to achieve your goal. The reward can be simple but special. You can treat yourself to a massage, new clothes or a vacation.

Achieving your New Year's Resolution is the first step in the right direction. You will learn and know what it takes to accomplish resolutions. By December 31 of this year, you will have the confidence to make and accomplish the resolution you will make for next year. You will not merely be looking forward to "a new start of old habits".

Benefits of Massage Therapy

Massage is the treatment and practice of manipulation of the soft body tissues for the purpose of relaxing it, improving blood and oxygen flow to the massaged area and decreasing pain. Massage therapists generally use their hands and fingers. Some may also use their elbows, forearms and feet.

There are many types of Massage Therapy. Here are a few:



- **Swedish** - employs kneading, long strokes and movement of joints to improve range of motion and flexibility
- **Deep tissue** - focuses on deep layers of muscles to relieve muscle tension and stiffness
- **Pressure point** - also known as "knots" which are accumulations of waste products which pressure upon a nerve which manifest themselves in the form of sharp pains, tingling, dull aches or other symptom elsewhere in the body. Trigger points generally appear in overused muscles. In this technique, static pressure is applied for 10 seconds, released and applied for another 10 seconds in a pumping action which helps flush toxins and calm the nerves
- **Shiatsu** - Sometimes referred to as Zen shiatsu, unifies spiritual, philosophical, and medical aspects of the body. In this technique, the therapist applies varying rhythmic pressure on traditional acupuncture points to improve the flow of vital energy called qi

Article continued overleaf!

Benefits of Massage Therapy (continued)

The following are some of the benefits of massage therapy:

- Reduce muscle spasms
- Improve posture
- Enhance athletic performance
- Speeds healing of strained muscles and sprained ligaments
- Improves breathing
- Relieves mental stress

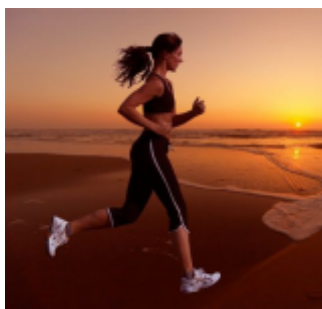


Running into 2008

by Brian Sacks

"I believe God made me for a purpose, but he also made me fast. And when I run I feel His pleasure."

Screen writer Colin Welland wrote these words for Eric Liddell in the film "Chariots of Fire". For Liddell, running was a God-given joy. You and I knew this joy as children, and we can still know it now.



Of course, some people will tell you that running is bad for the joints. So long as we are sensible, this is simply untrue. Click on [this link](#) or do a google search on "joint health running". Running is an excellent form of load-bearing exercise that can help us keep our bones, hearts and lungs healthy, our minds clear and our weight under control. The New Year is an excellent time to make a resolution to take up running, perhaps with the objective of completing a charity 5K or 10K.

Let's start by considering our running kit, and in particular our shoes. Go to a specialist running shop such as The Sweatshop in North Finchley or Runners Need in Camden Town, and have a knowledgeable assistant observe your running style and suggest appropriate shoes. But go for very good cushioning. You can boost the cushioning further by buying both full-length and heel-only 'Sorbothane' insoles and inserting them under the existing insoles. You can also protect your calf muscles and knees by buying neoprene calf and knee supports and wearing them on every run.

Now let's deal with the runs themselves. Build up distance and speed gradually, starting from walks interspersed with jogs, and allow yourself a rest day after each running day. Begin your session by warming up with perhaps two minutes stepping, and then stretch for five minutes before starting the run itself. At the end of the run, again stretch for five minutes. Try to find somewhere to run that you feel is easier on the legs than a hard pavement.



Finally, let's look at motivation. Running can and should be enjoyable. Put some enjoyable and stirring music on your music player, or run with a friend or in a group. Group runs take place from The Sweatshop (020 8445 3334) on Wednesday evenings and Sunday mornings, and www.runnerswebuk.com has a good list of running clubs catering to all levels.

The internet has a wealth of information to get you started. So make that New Year's resolution now!

Brian Sacks has run the London Marathon four times, achieving a time of under three hours. He writes for the London Jewish Chronicle on athletics and other topics. You can find many of his articles at www.briansacks.net.

In our next issue Tina Baker will talk about aerobic exercise and Lynne Fertleman of Kids' Kitchen will provide a healthy vegetarian recipe. We will also examine the role of the scales in weight loss.

Best wishes for a Happy 2008

Yours in Health, Fitness and Success

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