

# Drillsafe Presentation 2004

## Diet & Exercise



Presenter: Fleta Solomon

**What motivates us to  
eat well & exercise?**





Being Sexier



What diet &  
exercise  
program  
makes you  
more  
shagadellic?

# Don't we just want to be:

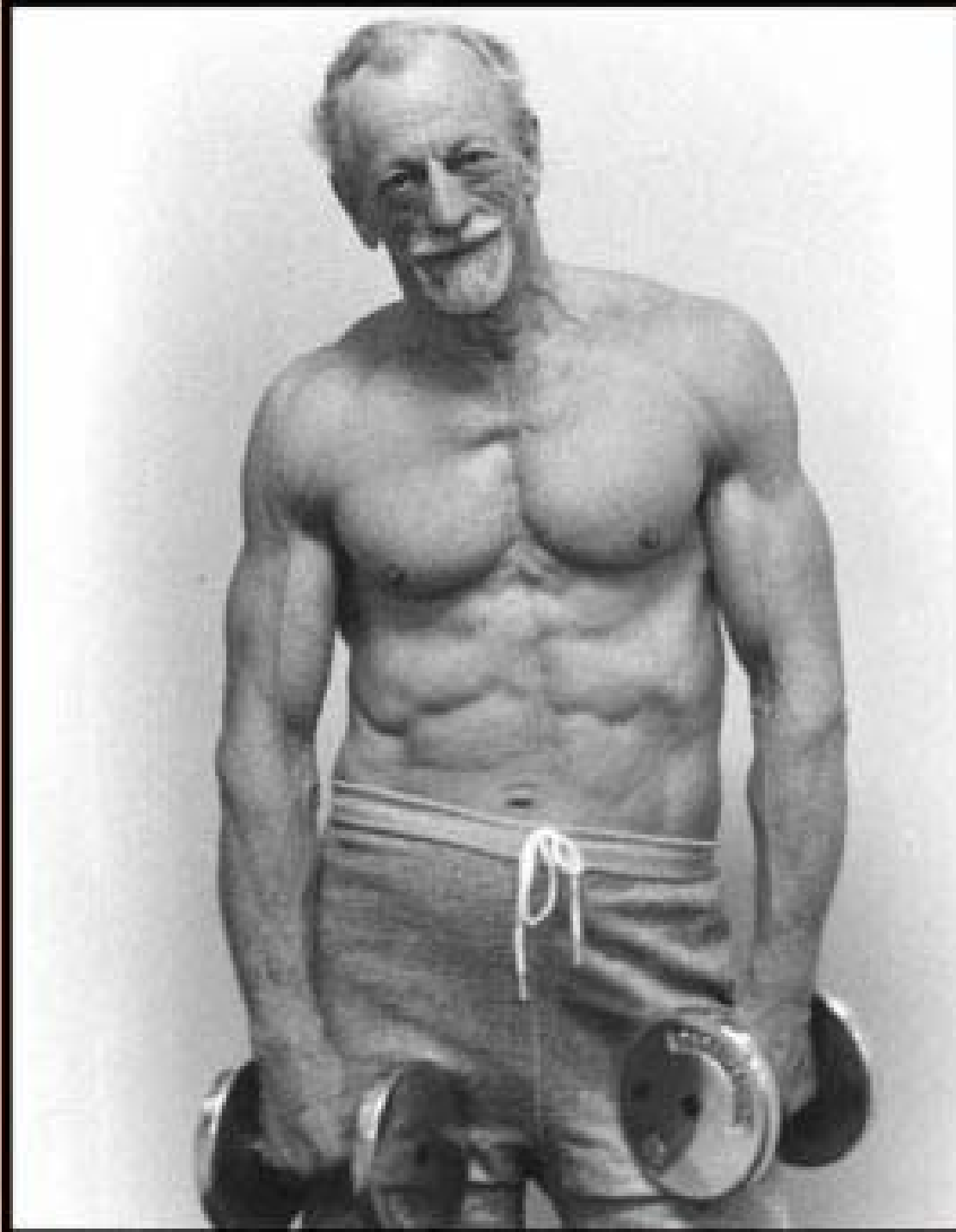
- More sexy?
- More intelligent?
- More focused?
- Safer?





# Real Experts

John Turner-  
79 year old  
weight lifter





Marie Wilcox-  
73 year old  
swimmer

Seikichi Uehara-  
97 year old  
Karate Master



# Okinawa Study

- **Genetics? Cholesterol? Stressful events?**
- Regular exercise
- Maintaining weight
- ‘Hara Hachi Bu’
- Strong spiritual life (outlook on life)
- Strong social relationships

# Regular Exercise

- Aerobic Fitness – though not too strenuous
- Musculo-skeletal & Mental Health

# Aerobic Fitness

All exercise related health benefits:

- Lower blood pressure
- efficient heart function
- Weight loss
- Fatigue management
- Increased fitness





# Musculo-skeletal & Mental Health

- Tai Chi
- Feldenkrais
- Pilates
- Stretching
- Yoga
- Martial Arts

# Serotonin

A neurotransmitter  
associated with  
peace and happiness

Triggered by  
sunlight, exercise  
and 'joining in'

Low levels =  
depression



# Activity

Lets check your current mental state. Rate yourself on a scale of 1-10

1. How alert are you feeling?
2. How depressed or happy are you feeling?





# Activity

Lets re-check your current mental state. Rate yourself on a scale of 1-10

1. How alert are you feeling?
2. How depressed or happy are you feeling?

**The feeling of increased alertness is due to the neurotransmitter, Serotonin, being triggered**

# Diet

- > 9 servings of vegetables & fruit per day
- Good, wholesome carbohydrates! The western diet has far too much simple carbohydrates
- Balance protein intake
- Increase fish intake (omega-3 fatty acids)
- Adequate dairy intake (calcium)
- ‘Graze’ rather than having 3 big meals only
- ‘Hara Hachi Bu’

So...

Where are employees at?

What do employees need?

# More information on diet & exercise?



**More motivation?**





**More  
opportunities?**

“Our choice of lifestyle gives  
us the power to alter our life course  
no matter how poor  
the cards Mother Nature has dealt us.

Its not the cards we get  
but how we play them that  
determines the final outcome”

# Questions?

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