



The three leading causes of premature death in Ireland are heart disease, cancer and diseases of the respiratory system, with little change from year to year. While there are a number of reasons for these statistics, there are several that are in our personal control from day to day. All of these disease processes are affected by our life style in various ways, as we have highlighted in the past. The acronym NEWSTART was designed to help us keep in mind the aspects of a balanced life, leading to the best health, strongest immune system and richest life experience:

N=Proper nutrition

E=Aerobic Exercise

W=Water, inside and out

S=Sunlight

T=Temperance—proper use of good things, disuse of harmful things

A=Fresh Air

R=Rest—Daily and weekly, along with proper recreation

T=Trust in God

For a little more on these visit our web site [www.emeraldhef-ie.org](http://www.emeraldhef-ie.org) and go to the 'NEWSTAR' page.

With the warmer weather and longer days, getting outdoor exercise is easier than in the darker winter months. Finding a way to exercise outdoors several times a week is very beneficial to the overall health, helps us get more restful sleep and strengthens the immune system. Exercise is best that raises the heart rate and causes deep breathing (but take it easy if you are just getting started, too much too fast can be dangerous). Our lymph system is a very important part of our bodies mechanism for cleansing impurities and fighting disease, and exercise is the main means of keeping this important circulation moving properly. Exercise also helps fight depression and stimulates the production of powerful brain chemicals that fight pain and promote a feeling of well being. These natural chemicals are many times more powerful than morphine or alcohol in their ability to fight pain and promote an overall sense of well being.

While outdoor exercise isn't always possible, there is an assortment of very useful exercise machines for use in the home. Waterford is privileged to have a good source for these machines locally. H & F Home Fitness Centre stocks a full range of home fitness equipment at reasonable prices and using the proper machine for your fitness needs, in a room with full spectrum lighting and adequate ventilation will do almost as much good as brisk exercise outdoors. For more information call Alec on 086 3879387, or stop by the store just off the Cleaboy Road at Unit 8/9 Knockhouse Business Park, Old Kilmeaden Road, Waterford. The web address is: <http://www.hfhomefitnesscentre.ie>

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