

Fitness Frontline
of work health and safety



Health, fitness and Wellbeing

SEMINAR PROGRAMS

Miller Health

- driving fitness into the frontline of work health and safety -

Miller Health seminar programs

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Life Style



The Seven Habits of Fit and Healthy People

- one day seminar -

Our signature seminar presentation is the one day Seven Habits of Fit and Healthy People program.

The Seven Habits

1. Keep yourself aerobically fit
2. Keep yourself strong
3. Keep yourself flexible
4. Eat from the top of the Hourglass
5. Manage the stress of your life
6. Manage the stress of your job
7. Meditate

This program is a must for people who want to make improvements to their lifestyle; who want to feel better, have more energy and vitality, reduce their stress level, be working in a job they love, get more out of life, and live the life they'd like to live.

It's a great day out for a work group and is an ideal program for an organisation that wants to inspire and motivate its staff to keep themselves fit and healthy to the best of their ability.

It's a program suitable for both small and large groups. It's broken up to include lectures, assessments and physical activities.

It's a modest investment for any organisation that is serious about reducing the costs of absenteeism, presenteeism, workers compensation and employee turnover. You want a staff that's fit and healthy; you want high level morale; you want teamwork and group cohesion.

ASSESSMENTS

The assessment profiles we use during the seminar provide people with a clear picture of their over-all health in the following areas

- | | |
|---|----------------------------|
| ▪ How are you going | ▪ diet and chemical intake |
| ▪ the Health Climate Survey | ▪ stress |
| ▪ physical fitness: - aerobic, strength and flexibility | ▪ career satisfaction |

The results of the assessments are collated and a report presented to the seminar organisers.

REPORTS

Organisations receive a comprehensive snapshot of the health, fitness and wellbeing of their staff.

Some of the assessments - fitness, musculo-skeletal risk and specific joint condition - include the names of participants- Being of a personal nature the rest of the assessments are reported without names.

ADVERTISEMENT



The Seven Habits of Fit and Healthy People

You are invited to attend the one-day Seven Habits of Fit and Healthy People seminar

Join Canberra-based physical educator John Miller, for half a day as he takes you through an interactive seminar designed to inspire and motivate you to look after your health, fitness and wellbeing.

By taking part in the seminar, you will

- discover why you feel better when you're fitter and the compelling reasons to exercise on a regular basis.
- assess the current status of your health and fitness according to a number of assessment profiles.
- come away with a clear picture of your over-all health
- You'll learn how to keep yourself fit and nourish your body using the principles outlined in the Hourglass Diet.
- taught the exercises you need to do to keep your musculo-skeletal system in good shape. If you've got a crook back, stiff neck, 'cold' shoulder, bung hip, game leg or dicky knee, you'll receive some of the best advice you've ever had to help get yourself back into better alignment and pain free.
- experience what it's like to relax in a way that benefits your head and your body – and how to go to sleep
- find out about stress, where it comes from, what it does to you and what you need to do to keep ahead of it.
- make an assessment of your level of career satisfaction - whether you work for yourself or someone else.
- set realistic goals for improving your health, fitness and wellbeing.

Wear Casual dress, sandals, tracksuit

Bring reading glasses and a pen.

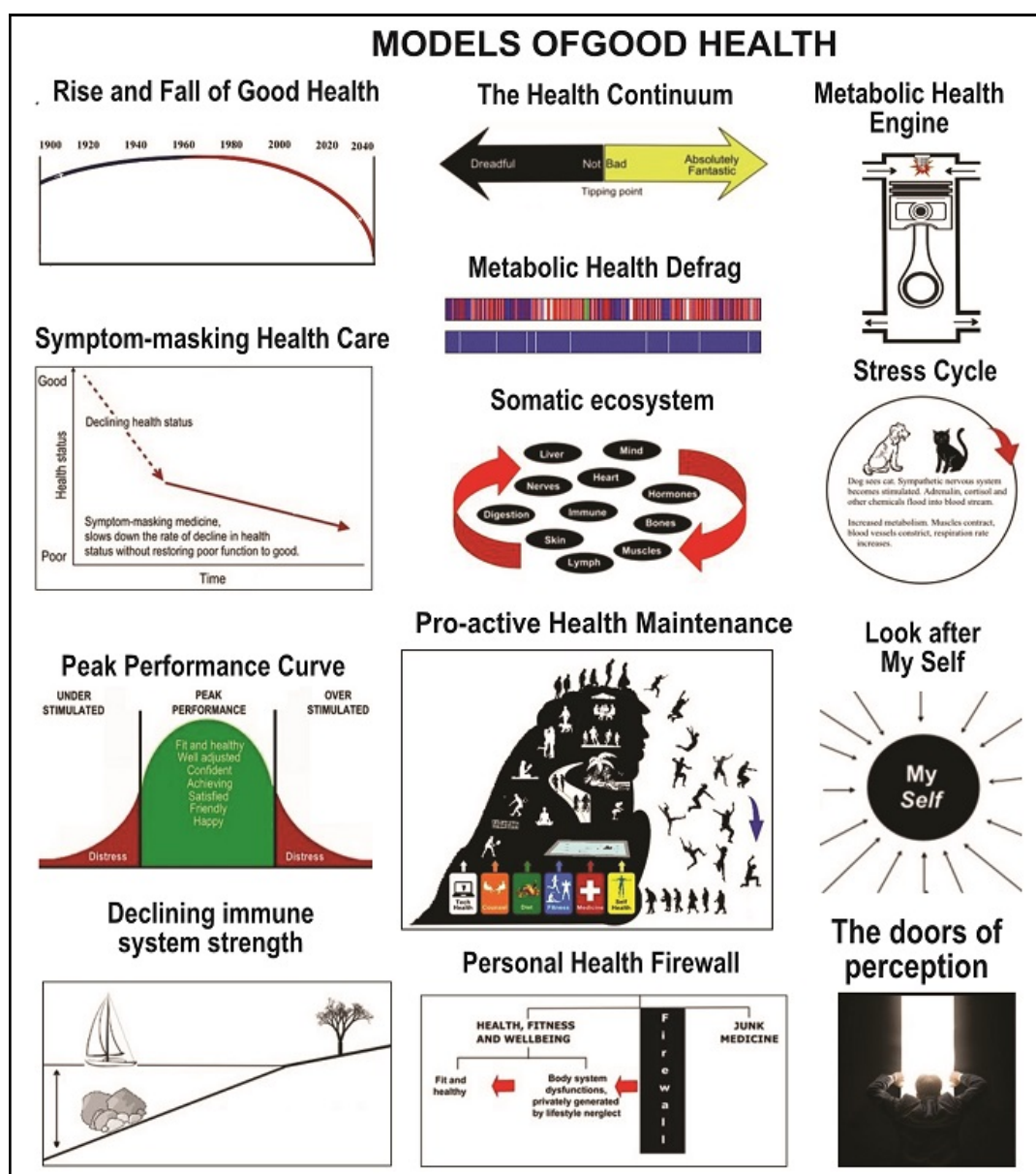
You'll be glad you came.

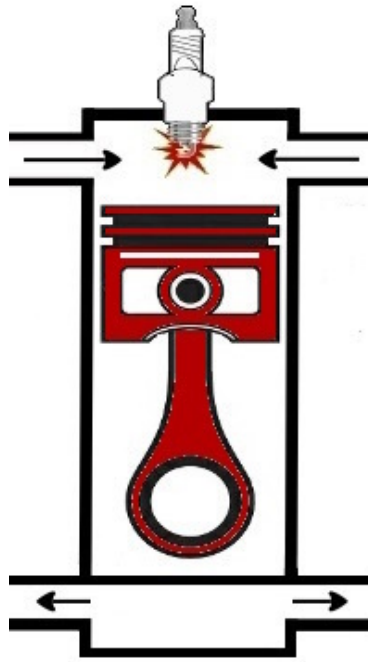


MODELS OF GOOD HEALTH

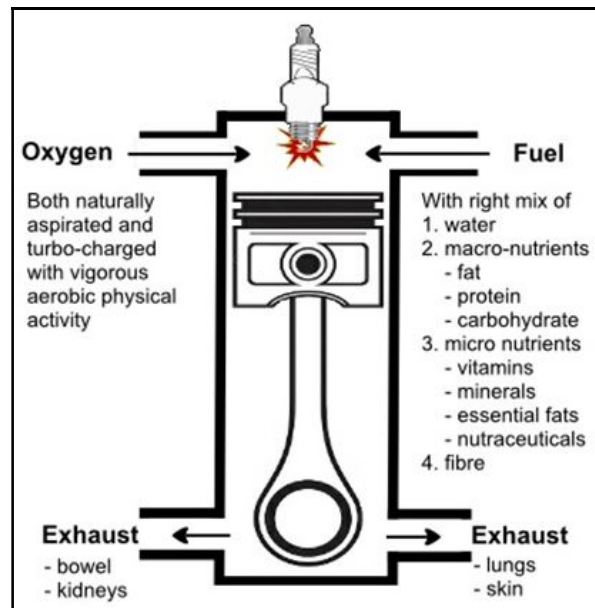
This one-hour seminar is designed to introduce people to some of the key concepts underlying good health.

In the mid 1970's the health of Australians peaked. Now it's getting worse. These models provide clues as to why this is happening.





Metabolic Health



HOW TO IMPROVE YOUR METABOLIC HEALTH - 2 hours -

The keys to good metabolic health lie in

- a regular, vigorous aerobic exercise program
- a diet that matches energy input with energy output and supplies the body with the essential nutrients it needs to function properly. Our model is the Hourglass Diet.
- an autonomic nervous system that's efficiently modulating key body system functions.
- meditation

An interactive seminar, it's designed to provide participants with a good idea of what they themselves can do to improve their metabolic health.

It's hard to define exactly what metabolic health is, other than to say that good metabolic is a symptom that your body is functioning at the peak performance level, that the system that delivers oxygen to every cell and removes the waste products of metabolism is working efficiently.

People in good metabolic health don't have elevated blood pressure, blood cholesterol or blood sugar.

People in good metabolic health have high levels of aerobic fitness, they are close to their ideal body weight, they sleep well, rarely get headaches. They don't rely on drugs to mask the symptoms of poor metabolic health.

The rise and rise of the practice of symptom-masking medicine has perverted the course of good metabolic health. Whilst, taking a drug to mask the symptoms of poor metabolic health may be a necessary course of action for the short term, in the long run, it's not the wisest course of action. Health continues to decline.

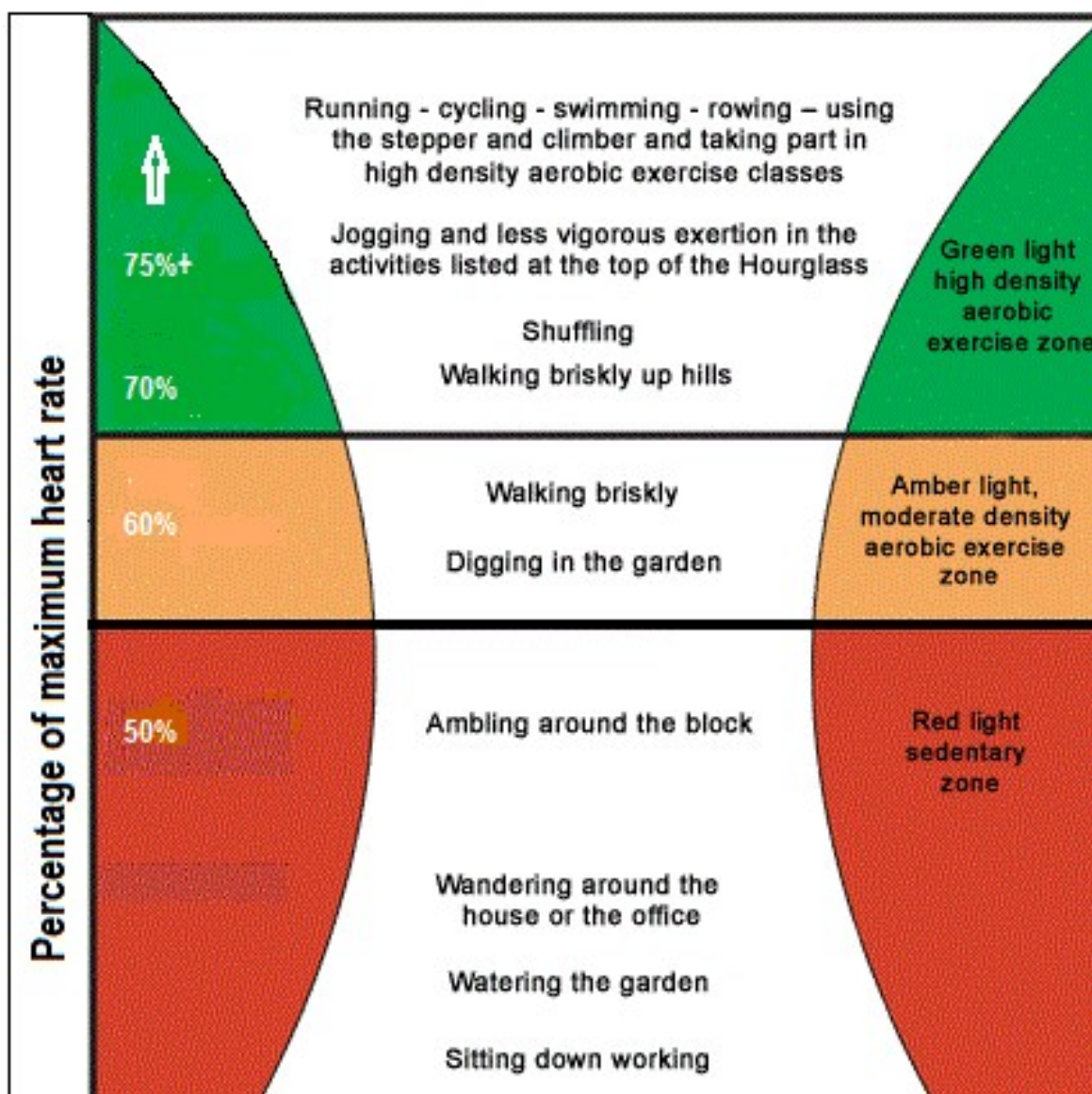
For most people, restoring poor metabolic health to good is something only they themselves can do.



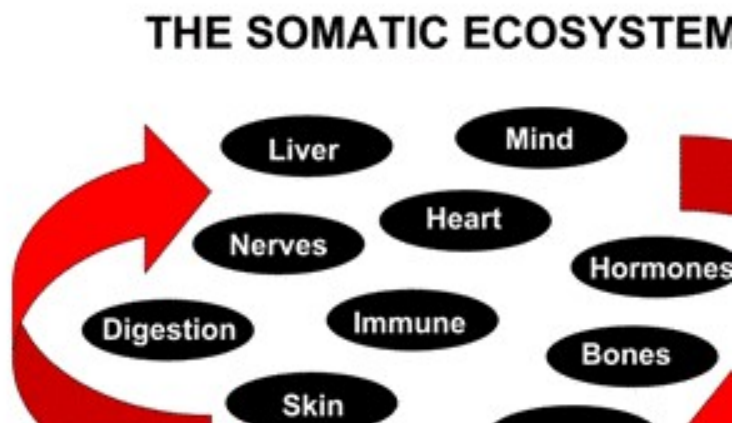
- 1 hour -

During this one-hour seminar you'll learn how your level of aerobic fitness is a good indicator of the condition of the metabolic system responsible for transporting oxygen to every cell in your body and removing the waste products of metabolism from those cells.

HOURGLASS AEROBIC FITNESS



To restrict the importance of aerobic fitness to the cardiovascular system does it a grave injustice. On the contrary, your level of aerobic fitness is perhaps the best indicator of the health status of most of the important body systems.



The stimulus to improving aerobic fitness is at least three vigorous aerobic sessions a week of at least 20 minutes a session. And if 20 minutes is good, 30 minutes is better and 40 minutes is best.

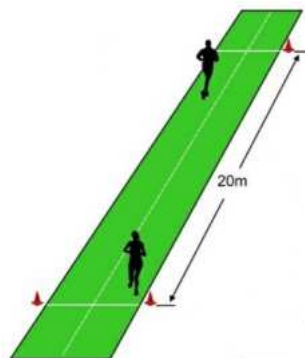
Along with time, the intensity of your aerobic exercise needs to be taken into account. They say that you need to get your heart rate to at least 60% of your maximum heart rate (MHR) to gain an aerobic training effect. 75% is probably more like it. 80% is achievable and sustainable for people in good aerobic condition and something worth aiming at. Maximum heart rate is said to be 220 minus your age.

The people we see who are in the best of health are those who have a vigorous aerobic training program, for 40 minutes on most days of the week. Ambling around the block for 10 minutes three times a day for 10 minutes is not sufficient stimulus to enhance aerobic fitness.

We use and recommend the Fitbit system of prescribing, measuring, managing and monitoring aerobic fitness activities.



We recommend the 20m run as the most convenient measure of aerobic fitness





THE COMPLETE FITNESS WORKOUT - IN THE GYM - - 2 hours -

It's called the **Complete Fitness Workout** because it's a program that encourages you to adopt a regular and systematic fitness training program that improves **aerobic fitness**, **strength** and **flexibility**, the three key elements of fitness which you need to work on if you're going to improve your all-round fitness and health.

Always keep in mind that in our culture it's a big ask expecting to stay healthy without keeping yourself fit.

By exercising in a way that improves each of the three components of fitness you can be confident of improving your health, fitness and wellbeing. The aerobic fitness element will have a major impact on your metabolic and mental health systems. The strength and flexibility elements are directed toward improving your musculo-skeletal system.

The benefits are compelling.

The results are commensurate with effort.

By taking part in this program on a regular and systematic basis you will reap the health benefits of

- an efficient aerobic system
- enhanced muscle strength and bulk
- increased flexibility and joint mobility.

The **Complete Fitness Workout** is a fitness training system for people of all ages, shapes, sizes and levels of fitness which involves

- 5-minute stretching warmup
- 25 minutes continuous aerobic activity at a pulse rate of at least 70% of your maximum, either running outside or using a treadmill, stepper, bike, rower, elliptical or climber inside.
- 25 minutes of systematic strength exercises using pin-loaded strength training equipment in a system designed to improve both strength and muscle bulk
- 15 minutes of flexibility exercises.

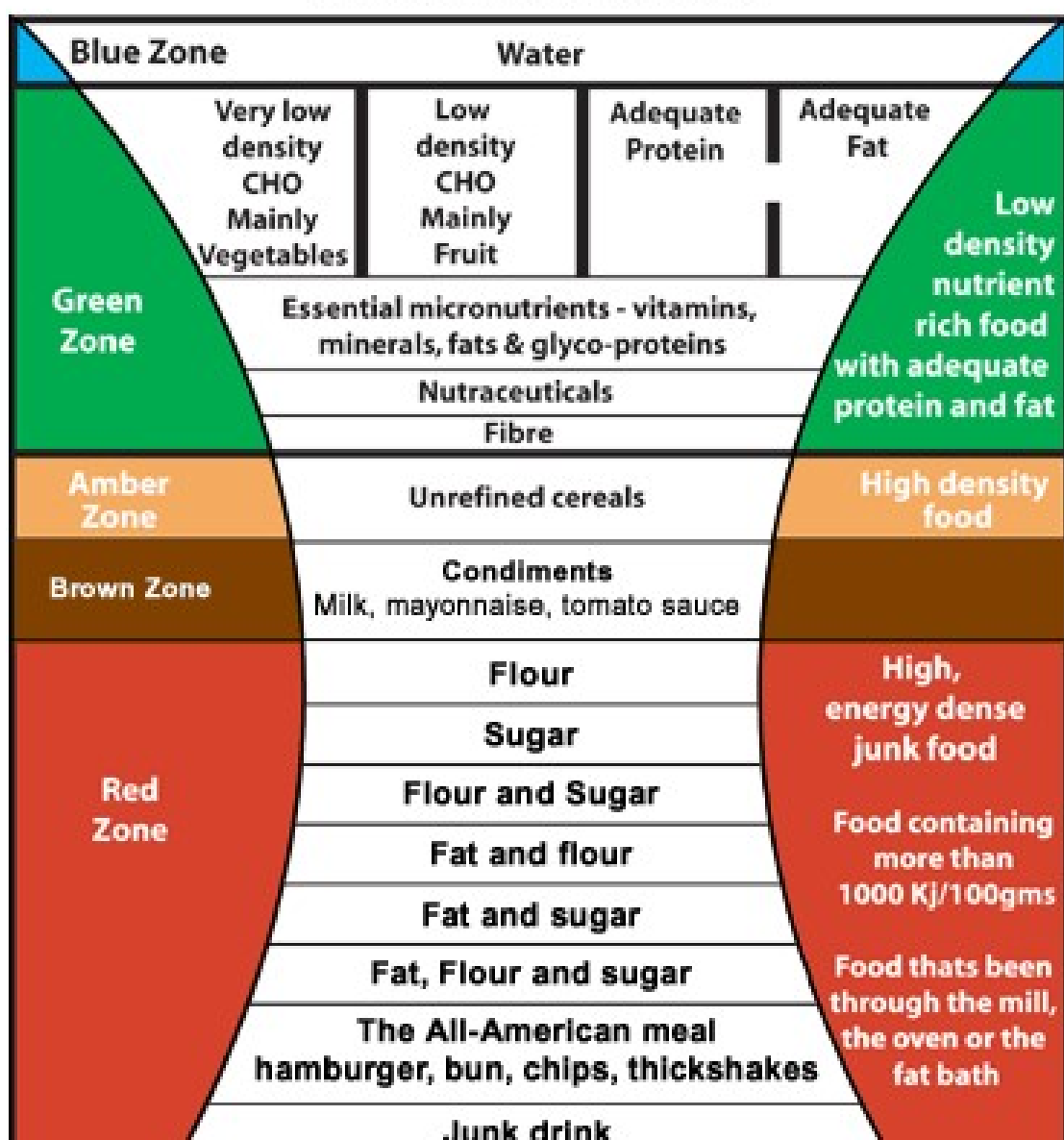
It is an ideal program for people working on their own, people working with a partner and people in a class.



THE HOURGLASS DIET - one hour -

In this one-hour seminar you'll learn how to eat from the top of the hourglass.

HOURGLASS DIET - eat from the top of the Hourglass -



It's a big ask in our society it's a big ask expecting to stay healthy if you're eating

- too little of those foods which nourish the cells of your body
- too much of those foods which are high in fat, flour and sugar, which cause you to stack on fat around your body, contribute to metabolic, musculo-skeletal and psychological dysfunction and which may cause an intolerant or allergic reaction in one or more body systems.

In a nutshell the Hourglass Diet is a model that has good food at the top and junk down the bottom. Once you get the hang of the difference between good food and junk food, the battle is half over.

The Hourglass diet contains nutritional guidelines that encourage you to

- eat to nourish the cells of your body and no just fill up your stomach
- satisfy your hunger
- maintain an ideal weight and
- support good metabolic, musculo-skeletal and psychological health.

If you're not in good health and you find it easy to put on weight, change your eating habits and eat from the top of the Hourglass.

- Eat adequate amounts of vegetables and fruit.
- Eat adequate protein and fat.
- Eat less of the high density refined carbohydrates, the cereal-based foods like bread, pasta, breakfast biscuits, biscuits and cake..., along with eating less sugar

BENEFITS OF EATING FROM THE TOP OF THE HOURGLASS

- You'll feel better, have more energy and vitality. You'll have less headaches.
- You'll have less body fat. That means you'll get closer to your ideal weight.
- There's a fair chance your blood pressure will decrease.
- You'll have a more efficient elimination system.
- You'll have better control of your blood sugar and cholesterol levels.
- You'll have lower incidence of bowel disease, constipation and piles. You'll be getting rid of the waste products of your own metabolism and the waste products of a toxic environment with ease.
- You'll have better mental acuity and concentration - and less likelihood of becoming depressed.
- You'll have a musculo-skeletal system that functions better. If you've got arthritis get your skeleton back into better alignment and load up on omega 3 fats.
- You'll have a stronger immune system



HOW TO LOWER BLOOD PRESSURE GLUCOSE AND CHOLESTEROL -1 hour –

The one hour How to Lower Blood Pressure Glucose and Cholesterol seminar is designed for people who are serious about getting back into good metabolic health.

High blood pressure, high blood glucose and blood cholesterol are symptoms of metabolic dysfunction, an insidious process associated with a decline in the performance of the key body systems that are designed to keep the cells of your body functioning normally.

Once you start to exercise more, eat wisely, get back close to your ideal weight, manage stress, get a good night's sleep, meditate, practice muscular and emotional relaxation and there's a good chance these symptoms of metabolic dysfunction will gradually disappear. When that happens, you'll know you're healthy.

High blood pressure, high blood glucose and blood cholesterol are not diseases. You don't 'catch' them. They're performance indicators of how well a range of body systems are supporting healthy cellular function. They're symptomatic of a body that hasn't been kept in good working order, hasn't been regularly serviced, whose performance is degraded.

Likely as not they're symptom of general malaise with more than one part of the body being dysfunctional, which is why you need to take a system-wide approach for restoring poor function to good.

Taking a medication to lower High blood pressure, high blood glucose and blood cholesterol is pretty much like cutting the wire to one of the warning lights on your car dashboard. You've turned off the light without addressing the problems to which it is alerting you.

You've shot the messenger.

A lot of people seized up and came to a halt because they didn't take any notice of the warning light. In this seminar we provide a range of strategies you can implement to restore your body to good health. Improving your aerobic fitness is at the top of the list.

In the meantime stay tuned, highly tuned and remember, high blood pressure is not caused by a lack of ACE inhibitor, diuretic or beta blocker, high blood sugar is not caused by a lack of Gliclazide and high cholesterol is not caused by a lack of Lipitor.



The Smoke Free in 21 Days program addresses five key issues

1. Being assured of the benefits of becoming smoke free.
2. Examining why you've been smoking and what it's doing to your body in particular and your life generally.
3. Looking at the costs and benefits of not smoking. It puts a big dent in the housekeeping!
4. Developing a strategy to become smoke free with the assistance of
 - meditation
 - autosuggestion
 - inner mental training
 - counselling
 - exercise
 - healthy eating
 - distraction.
5. Putting the strategy into action.

Do that and you'll be smoke free. The only thing you'll be inhaling is fresh air.

The starting point of this smoke free program is a presumption that

- normal healthy people don't have a need to smoke
- you know why smoking is bad for you
- you have a fair idea why you smoke
- you are aware of the costs and benefits of being smoke free
- this program doesn't have to use shock tactics to convince you to change your behaviour
- you've made a personal commitment to giving up smoking
- this is not a program for ice cream lickers or tyre kickers.

You'll spend an hour going through the workbook.. You'll receive a copy of the Mp3 audio file: 'I breathe fresh air.'

So, if you're fair dinkum about giving up smoking, confirm your intention, put your money where your mouth is.



HEADACHE FREE

- 1 hour -

Certainly not all, but a lot of headaches are a symptom personally-generated body system dysfunction. Of course, headaches may be a symptom of a much more serious metabolic health problem. They stimulate more visits to the doctor and more sales of tablets than any other dysfunction. They've reached epidemic proportions.

But guess what, headaches aren't caused by a lack of paracetamol!

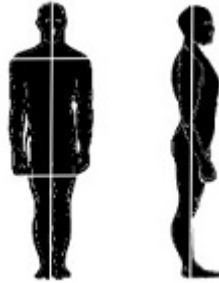
Chances are headaches are not a medical problem, they're a personally-generated fitness, diet and stress-related problem. And being personally-generated there is a high likelihood they can be personally 'ungenerated'

During the seminar I'm going to tell you what you can do to track down the cause of your headaches are how to rid yourself of them. Here's the synopsis:

1. Change your diet. Reduce the intake of the foods to which you are intolerant or allergic (and the poisons). This means eat natural, wholesome food and only drink water, fruit and vegetable juice you've blended yourself (or green tea). In particular stop eating flour and stop drinking cola, coffee and alcohol.
2. Stimulate the elimination waste products of your environment and your own metabolism. Headaches could be a symptom of a liver that's struggling to eliminate the poisons in your system.
3. Improve your aerobic fitness. Aerobic fitness is the key to getting your metabolic system back into good health. Good health means fewer headaches. The big benefit of an aerobic fitness program is you'll feel better. That in itself will be your greatest reward. But as well as that it will 'defrag' your metabolic system. That's the other big benefit. You can't subcontract out the 'defragging' of your metabolic system.
4. Make sure the muscles that keep your head in good alignment are strong and flexible. If your head is out of alignment, ligaments, tendons and muscles will be stretched beyond their pain threshold. You could end up with a headache.
5. Lower your blood pressure. High blood pressure and headaches go hand in hand.
6. Get a good night's sleep. The headaches you're getting could be nature's way of telling you that you don't get enough good sleep. Coming down with a headache could be your body's way of telling you to go and have a sleep right NOW.
7. Manage the stress of your life. That means managing the stress of your health, your family, your career and your finances. Muck out the Augean stables! Clean up your act.



Musculo-skeletal Health



MUSCULO-SKELETAL HEALTH SEMINAR

- 2 hours -

The Musculo-skeletal Health Seminar is designed for people who want to improve their musculo-skeletal health.

It is a must for people with lower back pain, stiff necks, painful shoulders, hips, knees and wrists!

By attending this seminar you will learn

- what are the main causes of the common, personally-generated musculo-skeletal dysfunction
- how to make the distinction between an injury and a dysfunction – this will impact on who you're going to blame and what you're going to do to get rid of the pain!
- how to measure the risk of getting back, neck, shoulder, wrist, hip, knee and foot pain
- how to protect and/or rehabilitate yourself from back, neck, shoulder, wrist, hip and knee dysfunction using a pro-active rehab conditioning program
- how to protect yourself with a good ergonomic set-up at work and at home
- why a rub down, crunch, hot wheat bag, electric shock, Celebrex tablet and scalpel are unsatisfactory treatments for the personally-generated musculo-skeletal dysfunctions

By the end of the seminar, you'll be in a good position to know what to do to get yourself back into a pain-free state. You don't need a PhD in rocket, medical, chiropractic or pharmaceutical science.

All you need to do is find a bit of time each week to do the exercises which will get your skeleton back into better alignment and muscles strong enough to do everyday tasks without breaking down

During the seminar you'll receive information on safe lifting and how to sit up straight at your desk.

You'll complete several musculo-skeletal health assessments

Bring your reading glasses and a pen. Wear comfortable slacks. (Don't wear jeans and don't even think of coming in a frock.)



The **Back in Alignment** program forms the basis of regular classes in fitness centres and corporate settings – designed for people suffering from personally-generated joint and muscle pain.

The program is suitable for individuals who can do the exercise at home.

The class consists of a brief warm up, with participants then:

- taking to the floor to do range of flexibility exercises involving the major muscle groups, in particular those attached to the pelvis
- standing to do knee, neck and shoulder exercises
- finishing with floor-based strength exercises.

The session takes an hour and participants are encouraged to wear comfortable clothing, suitable for both cool and warm temperatures.

The aim is to get the skeleton back into better alignment and keep it that way by

- loosening of tight muscles that have taken first the pelvis and then the bones above and below it out of alignment.
- strengthening muscles to give the skeleton the support it needs while going about every task.

Participants receive the Back in Alignment book containing an outline of the philosophy of the program descriptions of the exercises



CLINICAL DIAGNOSTIC ASSESSMENT - 1 hour -

The **Clinical Diagnostic Assessment** of personally-generated joint and muscle pain is a musculo-skeletal health and fitness program. It is designed to provide you with an assessment of the likely causes of **personally-generated musculo-skeletal dysfunction**, particularly lower back dysfunction.

Without a regular and systematic flexibility training program, muscles tighten up and take the skeleton out of alignment. As well as that, over the years, (without a regular and systematic strength training program) muscles become weaker and fail to provide the skeleton with adequate support.

The Clinical Diagnostic Assessment is a general fitness assessment, not a specialist medical or physiotherapy assessment. It aims to determine which muscles are tight, which muscles are weak and provide participants with a program of flexibility and strength exercises designed to get the skeleton back into better alignment, better supported by strong muscles – and pain free.

How well you can adopt the postural positions (opposite) provides a good idea of which muscles are tight and have likely taken your pelvis and the bones above and below it out of alignment.

The results of the assessment then provide the basis for a flexibility training program.

It is usually the case that tight buttock and hamstring muscles are the culprits

The strength assessment includes a range of strength exercises, including:



. . . and add exercise for shoulders, and neck.



Diagnostic postures



Stress Management



HOW TO MANAGE STRESS - 2 hours –

Stress

What is it?

Where does it come from?

What does it do to you?

How can you keep ahead of it?

This seminar is a must for people who want to move forward to the fit, healthy, rich and fulfilling life.

You'll find out

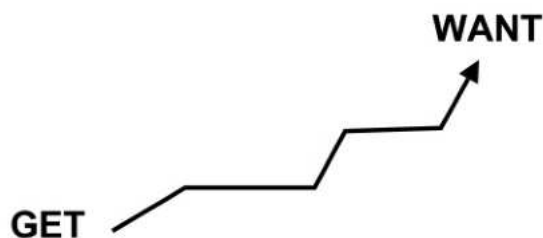
- what is it?
- where it comes from?
- what it does to you?
- how can you keep ahead of it?

The stress of our lives and or our work is pushing in on us from all directions, and unless we have strategies in place to look after our Selves we can too easily get sucked into the black vortex.

STRESS – WHAT IS IT?

Stress is the distance between what you're getting and what you want. The further away you are away from what you want the more stressed you feel.

This 'formula' applies to many areas in your life.

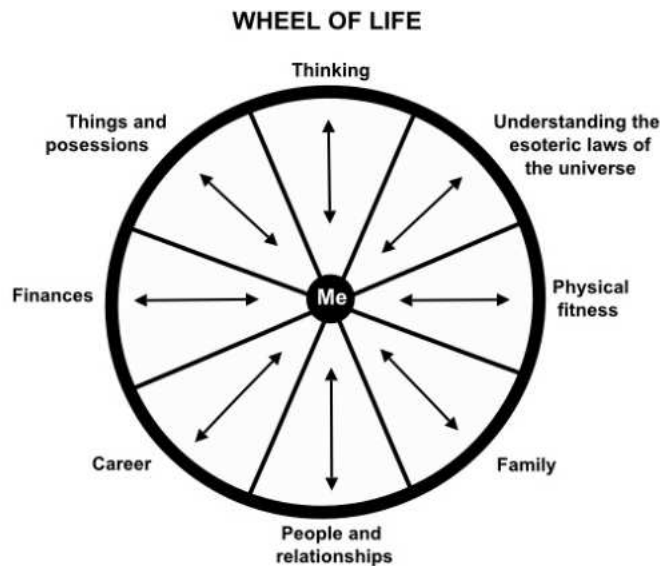


The stress of our lives is pushing in on us from all directions, and unless we have strategies in place to look after our Selves we can easily get sucked into the downward spiral.

This seminar will assist you to make an assessment of your level of stress and how well you're coping with it.

You'll receive some good, down to earth strategies to help you better manage both work and life stress and start living the life you'd like to live?

The distance between what you're getting and what you want applies to many areas in your life.



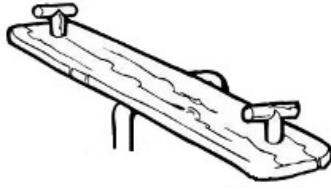
There are two forms of stress, eustress, the good stress and distress, the bad stress. It's normally the case that we're talking about 'distress'.

By attending this seminar, you will

- Better understand the nature of stress and its origins – including work stress and life stress.
- Learn the secrets of staying focussed on things that are important – at work and at home.
- Develop a plan for achieving the life you'd like to live.
- Gain an appreciation of what's stopping you from getting what you want
- Learn how to create a better balance between the work and non-work aspects of your life
- Develop a successful distraction and relaxation strategy.
- Find out why keeping fit is an essential ingredient of a stress-free way of life.
- Learn how to relax and get a decent night's sleep.
- Learn what people who aren't stressed do to minimize stress in their lives.

You'll receive a copy of each of the four Stress Management books.





WORK/LIFE BALANCE

- 2 hours -

This two-hour seminar is a must for people who want to make improvements to their lifestyle; who want to get a better balance between the work and non-work aspects of their life.

When the balance goes we become more stressed. We can't find time for exercise. We forget to meditate. The tension builds in our personal and work relationships. Our muscles tighten up.

It is a seminar for people who want to reclaim that balance and the benefits that accrue from it; who want to feel better, have more energy and vitality, reduce their stress level, get more out of life, and live the life they'd like to live.

During the seminar you will find out: -

- how the Self reacts to lack of time, attention and thought
- where stress comes from, what it does to you, and what you need to do to keep ahead of it.
- about the things you need to do to feel better
- the current status of your health and fitness according to the Mind and Body profile.
- how to keep your body in good physical condition. This seminar is essential for anyone with a body system dysfunction, including headaches, insomnia, irritable bowel, high blood pressure
- how to eat to nourish the cells of your body and not just fill up your stomach
- how a muscular relaxation, meditation and inner mental training program calms both your head and your body
- why getting a job that suits your personality, your intelligence strengths, your right or left brainedness, your interests and passions creates flow rather than struggle.
- how to make the distinction between financial assets and liabilities.
- what you need to do to get the job you'd really like to have. (Wouldn't it be good to have a job you loved doing so much you'd do it for nothing, you could do it with ease and which you did so well you'd be paid handsomely.

You'll learn about the Great Wheel of Life and the concept of oscillation and what you can do about it.

You'll have the opportunity to set realistic goals for achieving more balance in your life. When you've got that you'll sleep like a kitten.



HOW TO MANAGE YOUR CAREER

- 1 hour -

Wouldn't it be good to have a job you loved doing so much you'd do it for nothing, but which you did so well you'd be paid handsomely?

Wouldn't be good to have a job that suited your intelligence strengths and your personality?

Join John Miller for this one-hour seminar designed to inspire and motivate yourself to have a rich and fulfilling career.

Wouldn't it be dreadful to climb the career ladder, and on the day of your retirement finally having the opportunity to look over the wall, realize that you climbed the wrong wall?

During the seminar you'll

- make an assessment of whether or not you're in the right job
- learn the first, second and third laws of management
- determine whether you're selling yourself short financially
- be exposed to some models relating to change and turbulence.

You'll start thinking about getting a job where you'll find yourself experiencing flow rather than struggle.

Discover how, by getting onto the front foot and working in synch with the first two laws of management you can make life at work more comfortable.

You'll learn how to get good feedback from your manager.

Things change when you change. Learn how by changing yourself you'll be better equipped to fit into an organisation that's changing.

You'll come away from the seminar with some goals to work on, and the inspiration and motivation to get the job you'd really love to have.

If you've already got that job, be thankful, a lot of people don't.



RELAXATION - BETTER SLEEP – FEWER HEADACHES – 1 hour

This seminar is especially designed for people who want to learn how to relax and sleep better.

There's an epidemic of poor sleep in our community that's definitely not due to a lack of Stilnox.

The big questions to ask yourself are 'Why can't I sleep well? What's keeping me awake? What's waking me up?

The first causality of anxiety is poor sleep. Or maybe you're not tired. Maybe you don't need as much sleep as you think. Maybe you drink too much.

If you're a man and over 50, there's a few things you need to know about lower-body physiology. Plus, hope to high heaven you're not driving your sleeping partner to distraction by three-door snoring.

If you're a woman and you've got a sleeping partner who snores his head off every night, for your own sanity you need to sharpen your elbows up and come with him to this seminar.

During the session you'll be introduced to several muscular relaxation and meditation techniques and an inner mental training routine designed to get you drifting off to sleep like a kitten.

You'll learn about the benefits of physical activity, holidays and taking a break at lunch time.

MEDITATION

Meditation is one way of getting in control of our bodies and our minds. It is a particularly good way to stimulate the parasympathetic nervous system. When that happens, muscles relax and blood vessels dilate to the very core of your body. You feel more relaxed generally and your blood pressure comes down.

The state of deep relaxation is useful in calming the body and re-establishing equilibrium within the nervous and endocrine systems.

SLEEP

A good night's sleep is an essential pre-requisite to a healthy functioning metabolic system.

The number of hours sleep we need is a highly individual matter. There is a **normal** spread of hours from 5 through to 9. Some people even get along very well with just 4 hours sleep a night. It is all they need. For most normal, healthy, stimulated people 9 hours would appear to be too much.

