

FOUR SECRETS TO HEALTHY AGING

I recently met someone with a thick Irish accent. He asked me to guess his age. He was working full time in a physically active trade. I saw in him someone who was nimble, energetic and resourceful. He seemed to have a can-do attitude and a positive attitude to problem solving. Yet, he attributed the success of his solutions to the “luck of the Irish”. His hair had the soft-grey sheen of someone in their 50s. His body was slim and lean. Only his skin belied his otherwise youthful appearance. I placed him in his 50s.



He proudly answered that he was turning 70 later this year and that his dad is a healthy 91. He said his dad was always happy to wake up on “this side of the grass”. Both he and his father take the attitude that you should always let the child within come out to play at least once a day. Based on this person’s sense of humour, the “once” may span from the time he wakes up to the time he falls asleep. What a fantastic way to live your life.

My conversation with this person reminded me of the research on healthy aging. This research recognises the importance of four key factors to aging well:

- ❑ Social Interactions: We all benefit from human contact, be it through personal or professional relationships; family or friendships. The benefit of social interactions seem to lie in the caring, support we provide one another.
- ❑ Exercise for the Body: It is beneficial to exercise at least 30 minutes a day. Exercise is more sustainable if we incorporate it naturalistically into our way of life. Irrespective of whether we include it in our lives naturalistically, or formally set time aside to exercise, we will find that we look, feel and act biologically younger than our more sedentary same-aged peers.
- ❑ Exercise for the Mind: Our minds naturally ‘grow’ in whatever way we use them and ‘wither away’ in areas of disuse. The old “use it or lose it” adage is very true as far as our minds are concerned. Thus, the most beneficial forms of exercise vary across a range of activities. If we have intellectually stimulating work or hobbies, especially those where we solve a range of problems, we may already be exercising our minds. Other mind exercises include scrabble, sudoku, crossword puzzles and memory games.
- ❑ Omega 3: Omega 3 benefits both mind and body. It keeps our joints well-lubricated. It also keeps our brain’s neurons firing well. If you like fish, then you are probably getting the benefits of omega 3 naturally. If not, you can obtain the same benefits through omega 3 supplements.

I don’t know about this particular person’s intake of omega 3, but it certainly appears as if he has ticked off the first three factors, naturalistically. The message for the rest of us is that by maintaining social contacts, exercising both mind and body and including omega 3 in our diets, we can be biologically younger than our same-aged peers. While we are at it, why not let our own inner child come out to play. At the end of the day, we can all enjoy the luck of the Irish.

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

PPP*: \$330 per calendar year.

SEMINARS OF THE FUTURE*: \$330 per calendar year.

We are bringing our newsletters to the electronic age. Please email us if you would like to receive CQ® and HQ® electronically. We also welcome your opinions, comments, thoughts, reflections and feedback on this and future issues of both newsletters.

You can book your place in one or more of our programs by completing the application form (see page 2 of this newsletter) or by downloading the application form from our website.

FOOD FOR THOUGHT

Have you ever had a challenging project; one so challenging that you may even question your capacity to do the job?

Why not write a letter to your self from a time where you have already accomplished it. From this vantage point, you can share the secrets of your ultimate success with present day self. You may be amazed at what you come up with. And, when you reread your letter as present-day self, you will know exactly what to do.

REPLY SLIP AND REQUESTS FOR INFORMATION

- I would like to renew/become a member of **CENTRE FOR CAREER DEVELOPMENT AND ERICKSONIAN HYPNOSIS**. I understand that membership includes calendar year subscriptions to CQ[®] and HQ[®], library borrowing privileges and entry into either the **SEMINARS OF THE FUTURE[®]** or **PROFESSIONAL PRACTICE PROGRAM** seminars. If you would like to attend the second seminar series, you can do so for an additional fee.
- I would like to book into the 2015 **PROFESSIONAL PRACTICE PROGRAM** Year 1 seminars to be held on the following Mondays, 6.00-8.00 pm
- 4th May: Setting Up Your Business: What You Need to Know.
 - 18th May: Handling the Paperwork, including the GST.
 - 1st June: Processes and Procedures that Work.
 - 15th June: Determining Your Price and Fee Setting.
 - 6th July: Budgets and Cash Flows.
 - 3rd August: Marketing Your Business: Your Product.
 - 7th Sept: Marketing Your Business: Promotion Strategies that Work.
 - 5th October: Marketing Your Business: Getting Your Image Right.
 - 2nd November: Marketing Your Business: Alternate Places for Your Product.
 - 5th December: Marketing Your Business: Databases for Your Business.

Or: I would like to book into the 2015 **SEMINARS OF THE FUTURE[®]**, to be held in May and September as follows:

Day 1: 11th May or 11th September
10.00: Reinventing Your SELF — Positioning your Career for Today and Tomorrow.
11.15: Who am I? Who do I Wanna Be? Bridging the gap.
02.00: Knowing Your Strengths, Merits and True Worth.
03.15: Arming Your Self through C.V., letters, emails, flyers, FAQs, articles and more.

Day 2: 18th May or 18th September
10.00: Reinventing Your Career TRAJECTORY — Novel Ways to Grow Your Career.
11.15: Bypassing Discrimination (Gender, Age, Race, Religion, etc.).
02.00: To Developing Employment Appeal.
03.15: How to Use Backups to Enhance Your Employment Appeal.

Day 3: 25th May or 25th September
10.00: Reinventing Your FUTURE — How to Build Your Profile.
11.15: How to Make LinkedIn, Facebook, Twitter, U-tube, Signature files and etc Work for You.
02.00: Going Beyond Social Media in a World of Three-Second Bytes.
03.15: To Position Your Self for the Next Decade.

See also www.rachel-abramson-and-associates.com.au to find out more about how we can help you (a) be proactive; (b) take charge of your career; and (c) look after your health.

Membership fees for 2015 Calendar Year: \$ 330.00
Plus: Additional fee of \$220 if attending both seminar series in 2015. \$ _____

Please make cheques payable to Rachel Abramson. All fees include 10% GST. Total: \$=====

Name: _____
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