

# Building Wellness

from the

# INSIDE OUT





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# Building **Wellness** from the Inside Out

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# Introduction

Are you sick and tired of being sick and tired?  
You don't have to feel that way any longer!

In his book, *Building Wellness from the Inside Out*, Mark Middlesworth has developed a step-by-step plan to lead you from sick and tired to healthy and energized! Middlesworth's experience in the health industry began in 1983 when he worked as an athletic trainer for the Chicago Blitz (USFL). Now the president and owner of Ergonomics Plus Inc., he focuses on educating corporations across the U.S. about workplace wellness. He is also much sought after as a motivational public speaker, addressing a variety of workplace wellness topics.

When you consider his background and experience, you may think you are about to read just another diet and exercise book. You know the ones—the books that detail excruciating workouts and tasteless diets, promising impossible results.

But don't let his list of credentials fool you! Mark Middlesworth is not the typical health-nut who cannot relate to people who have faced a lifetime struggle with weight and health issues. Throughout the book, Middlesworth confesses his own weight and health struggles—along with his penchant for a nightly bowl of ice cream before bed! With warmth, humor, and plenty of personal anecdotes to keep the reading interesting, he provides the encouragement and motivation you need—not only to start a plan for wellness, but to stick with it for a lifetime.

Do you know which common diseases are directly related  
to our lifestyle and eating habits?

Do you know the amazing health benefits of a glass of water?

Do you know the difference between “living” and “dead” foods?

Drop that donut, turn the page, and discover the answers to these questions and many more. You *can* make the decision to take back your life and restore good health habits, or create those new, healthy habits for the very first time! Don't put it off any longer—let's begin today!

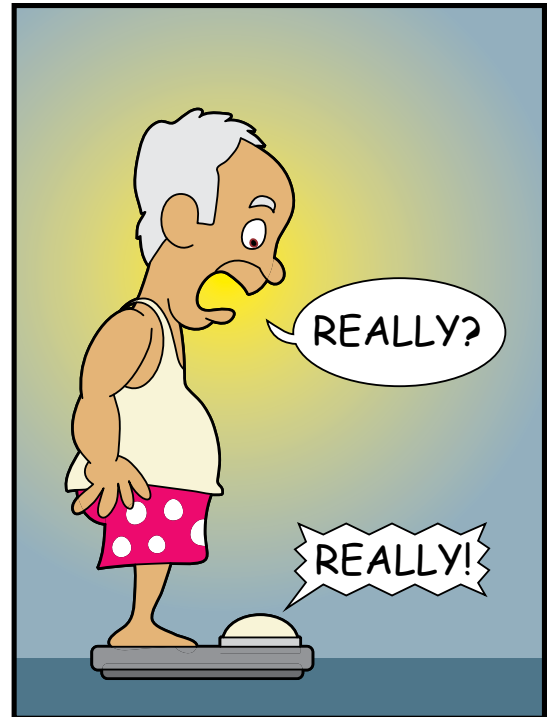
# Chapter 1: Epiphany

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*“Truth is tough. It will not break, like a bubble, at a touch, nay, you may kick it all about all day like a football, and it will be round and full at evening.” ~Oliver Wendell Holmes*

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It's not very smart to wait until you're sick to think about your wellness plan, but that's exactly where I found myself shortly after I "celebrated" my 50th birthday. I was hurting from head to toe. All of my muscles seemed tight and tired. My right knee and left foot were inflamed and very sore, causing me to limp around like a 90-year-old man for the first hour after going vertical each morning. I felt exhausted. I had been battling heartburn and indigestion issues for the past 6 months, using acid reducers to mask the symptoms and the truth. I looked in the mirror and realized I was beginning to look old and overweight. I had let my good health habits slip. I wasn't eating right. I wasn't exercising enough. I was down on myself and afraid. It was an ugly scene.



For some crazy reason, I chose this moment to step onto the bathroom scale. I guess I thought that adding fuel to the fire would be a good idea. I couldn't believe my eyes. I could not believe what the scale told me, surely the thing was broken or lying. "Not possible!" I thought to myself, "this stupid digital scale has never worked right." I hadn't mustered the courage to step on the scale for quite some time. I knew that the news would not be good, but 205 pounds! The last time I could remember weighing myself was about three years ago, when I weighed around 175 pounds as I recalled. So, 30 pounds in 3 years... 205? Was this possible? No way.

Way. After using a twenty-five-pound dumbbell to verify that the scale was indeed correct, it read 25.0 exactly, the sad truth finally hit me like a ton of bricks. I had no idea how I got there, but I found myself lying on my bed, hugging my pillow in the fetal position and seriously contemplating my sorry state. The curtains of my denial and lack of discipline had finally been opened, and I had a real namby-pamby pity party.

It's been said that the truth hurts sometimes, and also that the truth will set you free. On that dark but life-changing day, I found both statements to be true for me. The realities of my situation did hurt, but I also knew that facing the full truth would set me free. I knew that I needed to shake free from all the lame excuses that I had held on to for too long. I needed to face my neglect of simple daily health habits, the simple habits that I have been teaching to others for years. I had let those daily health habits slowly slip during the past three years, and I was mad at myself. There in my bedroom that morning, I made a decision that would bring big change and much improved health to my life.

What are the results of that decision? I've reached my goal weight of 160 pounds. But even more exciting than losing the 45 pounds, I feel well in every way...mind, body and spirit. The inflammation in my right knee and left foot...gone. I'm able to walk and run again without pain. The gut aches and heartburn...gone. I have energy to burn, and the reflection in the mirror is a little easier for me to look at these days. I've been able to maintain my goal weight level, with more muscle and less fat and feeling strong to the core. As the old James Brown song puts it, "I feel good."

Looking back on it now, I realize that achieving my goal was a piece of cake...easy as pie. Maybe that's not the best way to put it. Maybe I should say that it was easy as an apple a day. But seriously, I did not find this process to be difficult. I just followed some simple steps. The first step was to face the truth. The next step was to decide to do something about it, and to identify some very important reasons I needed to change my poor health habits. Important reasons were not very hard to find. Then, I sat down and developed my wellness plan with concrete and written goals. That may not seem like much, but that small spark of follow-through action, writing down some simple goals, was the ignition switch that started to turn everything around for me. The next step was simple as well, I followed my wellness plan with persistent, daily, disciplined actions.

I hope that this experience will help me become a better teacher of healthy lifestyle choices so that I can make a positive impact upon those who are ready and willing to listen. Teaching and helping others is my passion and responsibility. In fact, this responsibility was one of the primary motivating factors behind my decision to get off my rear-end and take control of my health once again. After all, who is going to listen to an unhealthy guy trying to teach them about health and wellness?

Again, it's not very smart to wait until you're sick to think about your wellness plan. My hope is that this book will be a vehicle of self-discovery, motivation, improved health and ultimately, enhanced quality of life for you. My desire is to help you learn how to take optimal care of the only body that you have been given...for a lifetime, and to help you avoid the chronic disorders that so many people think are a normal part of life and growing older. This book is about helping you discover simple disciplines and practices that you can put into action to create improved health and wellness.

The process of changing your health will begin the moment you decide to act. Action is the ignition switch. One action at a time, step by step, inch by inch. My challenge to you is this...turn this page, and then one more page at a time, until you complete this book and develop a plan of action for your wellness. Then with your plan in place, *exercise* (pun intended) the daily disciplines which will bring to you inspiration, accomplishment, and improved health. Today can be a new beginning for your better health and life. I urge you to start your journey toward better health today!

## Chapter 2: Inside Out

*“One ship sails East, and another West, by the self-same winds that blow. ’Tis the set of the sails and not the gales, that tells the way we go.” ~Ella Wheeler Wilcox*

In the summer of 1978, my dad bought a sailboat for my brother and me. We had been watching the races every Sunday afternoon on the lake and had been lobbying him to buy a sailboat so that we could join in the fun and competition. Dad finally gave in and bought us a beautiful light blue and white, 16 foot Hobie Cat. It was love at first sight for me. I couldn't wait to get it out on the water that day. We had never been on a sailboat before, so it took us about four hours and several disagreements to sail the new boat three miles from the marina to our house. Upon finally arriving my dad teased us, “Where in the world have you guys been? What took you so long?” I didn't want to admit that we were incompetent, so I blamed our slow travel time on a lack of wind on a very calm day. Dad seemed to buy it.



A few weeks later, a race was scheduled and my dad suggested that we enter. I remember that day like it was yesterday. Fifteen boats were in the race that Sunday afternoon: twelve 16' Hobies and three 14' Hobies. The race was both exciting and frustrating. We didn't do very well. Where do you think we placed that day? Yep. Dead last...not only in the 16' classification but last place overall. All three of the smaller 14' Hobie Cats placed well ahead of my younger brother and me. How embarrassing!

“What happened?” My dad asked us with a little grin on his face. My immediate response included every possible excuse in the book. “Our boat was just slower than the others for some reason. The main sail was new and stiff. The ropes and rigs were not broken in yet and slowed us down. They didn't tell us how the start of the race worked, so we were behind from the beginning and just couldn't catch up with the other boats. My first mate (my brother) wouldn't follow my instructions. The wind just seemed to hit the other boats and would die down around us. Everything just seemed to go against us.” On and on I went with the excuses.

The remaining Sundays of that summer were just as humiliating as the first, with the same last place result week after week. I seemed to always have an excuse for the poor performances, very reasonable explanations (at least I thought so) for my last place finish. My wake-up call came on July 4th weekend the following summer, another embarrassing last place in front of a bunch of my friends from high school. That evening, I was upset and complaining once again to my dad about how the wind would never blow in my favor. Dad had finally had enough of my excuses and said, “Son, your last place finish has nothing to do with the wind.”

The next Saturday, my dad drove me across the lake to visit a friend of the family. Mr. Jung was an administrator at my high school and a very experienced Hobie Cat sailor. He raced one of the 14' Hobie Cats every week on our lake, and I had noticed that almost every week he won his classification and beat several of the 16' Hobies as well. On that day, Mr. Jung began to teach me the fundamentals of sailing. I had no idea there was so much to it! There were many adjustments on the boat that I knew nothing about. Mr. Jung taught me how to adjust the guys, stay wires, main sail battens, and the jib to the correct tension based on the wind velocity. Then, it was just a matter of using the main boom and jib traveler settings to set the sails to maximize the speed of the boat. My problem wasn't the wind or my boat.... Incorrect settings on my boat were what made it



slow. It was ME! I was the problem! Mr. Jung also taught me about the strategy and tactics of racing, but without a doubt the most important thing that he emphasized was the setting of the sails. I couldn't wait for next week's race!

The next Sunday came, and my focus was on setting the sails on my boat to the wind conditions on that day. How did I do? Not very well, but I did manage to finish ahead of two of the three 14' boats. Mr. Jung and his 14' beat me once again, along with all of the 16's. Not the result that I had hoped for, but I was making progress! Most importantly, I had thrown away all of my excuses and was now focused on learning how to set my sails.

The final race that summer was on Labor Day. I had been studying a couple of books on setting up and sailing a 16' Hobie Cat, and I was determined to place higher in the standings. I couldn't stand the thought of a last place finish on the final race of the summer; I feared another humiliation and a long winter. So, the day before the race I decided that I needed to recruit a new partner...Mr. Jung. He was very gracious to give up a sure first place finish for himself to be my racing partner that day. He insisted that I take the helm, but he offered his wise counsel and directed me on setting the sails before and throughout the race. My boat was really humming on that day. There was a fairly stiff wind, and we were flying. How did we do? Third place. I still have the trophy sitting on my desk to prove it, and to remind me of those valuable lessons learned that summer long ago. Thank you, Mr. Jung!

We find it very easy to point the finger of blame on "outside" factors when it comes to our health and wellness as well. We often let outside forces take over to set our activities and dictate our choices. We have thoughts like, "I just don't have the time. I work hard all day; the last thing I want to do is exercise when I get off work. It's my job that is causing my body to fall apart. Standing on this concrete floor is why my feet hurt. I can't afford to eat healthier foods. It's easier to get fast food. I'm too old to start being healthy now. Heart disease runs in my family; it's in my genes. The wind just never seems to blow in my favor."

The turning point for my better health was the realization that I was focused on **outside** factors...excuses...the wind, rather than facing the truth. It's NOT the blowing of the wind that determines my future health; it's the way I choose to set my sails. The sails we have **inside** all of us can be set to put us on the course we want and not to be pushed in directions we don't want. If we desire to change our lifestyle for better health and wellness, then we must choose and plan to set our sails differently.

The "Inside-Out" approach to my personal health means to start first with myself, to identify and remove the excuse list that serves as a barrier to my improved health and wellness. After those factors are eliminated, I'm now free to go to work on building a better plan for my health.

## Chapter 3: Upside-Down

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*"If people are constantly falling off a cliff, you could place ambulances under the cliff or build a fence on the top of the cliff. We are placing all too many ambulances under the cliff."*

**~Dr. Denis Burkitt, Medical Researcher**

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Let's just face it...the passive treatment philosophy employed by doctors and other medical providers for the management of chronic lifestyle diseases is—dare I say it—a failed philosophy. Passive treatments deal with the symptoms and do not deal with the underlying causes of these disorders. It's just not logical that nearly all of our health care resources in this country are focused on treatments that do not address causative factors. Medicine is not the best answer; it's an ambulance under the cliff.

Doctors are highly trained and very smart; they care about their patients and are good people doing the best they can. They are doing what they have been trained to do. But, they are using a failed model for the management of many lifestyle-related disorders. When penicillin was discovered, doctors had a great tool to use against infectious disease. The cause of the disease was bad bacteria, and the weapon to combat the bacteria was antibiotic drugs. This treatment philosophy works well for infections. But does that "magic bullet" approach work for disorders that aren't caused by bacteria? In a word, no. When doctors use drugs for disorders caused by multiple lifestyle factors, they are using a model which fails to address the underlying causes. This approach is upside-down!

A good illustration of this upside-down approach is the treatment I was prescribed for my heartburn and acid reflux disorder. The doctor quickly identified my problem as too much acid and prescribed a treatment plan of various acid suppressants, neutralizers and inhibitors in the form of medication. These medications were aimed at a symptom of the problem, namely too much acid. Although the medications did give me some temporary relief from my symptoms, this approach failed to address the underlying causes and resulted in other complications for me. I should have known better.

Another example is cardiovascular or heart disease, blanket terms for various disorders of the circulatory system. When symptoms and dysfunction of this system develop, physicians usually treat with drugs and/or surgery. The United States medical system, as currently set up, rewards cardiac surgeons at a much greater rate than it does programs for avoiding weight gain, controlling blood pressure, and combating inflammation with a better nutrition plan. Although medical advances with these drugs and surgical procedures are nothing short of amazing, these treatments are not the best answer for the problem of widespread cardiovascular disease in our society. I'm not saying that these treatments are not necessary if the disease process has already diminished or destroyed proper functioning of the system. Obviously, treatment is needed at that late date, and I'm thankful that such treatments exist to prolong life. But we still need to ask the most important question: What is the cause of heart disease? The answer to this question: Most risk factors are related to lifestyle. So, I submit to you that employing healthy lifestyle habits to prevent cardiovascular disease is a much better answer than drugs or surgery!



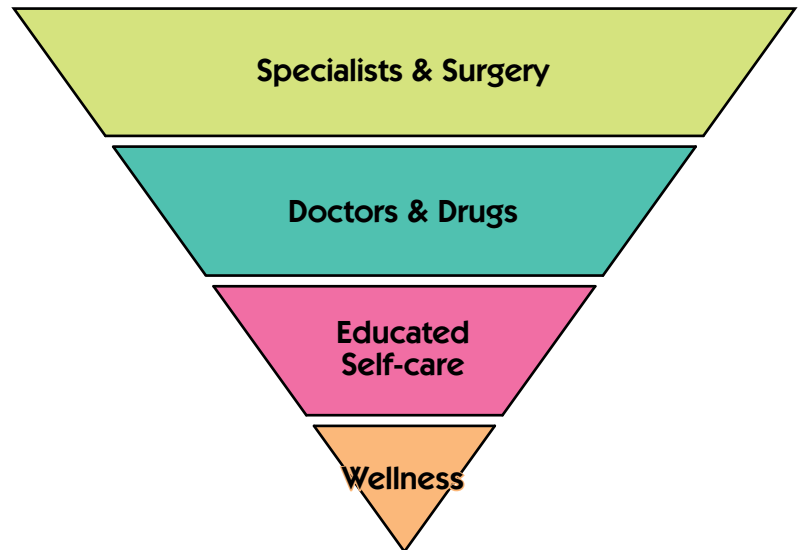
In the workplace, I consult with people every day who struggle with various inflammation disorders of the musculoskeletal system. Most often, these disorders are treated reactively by mainstream medical providers with passive modalities, drugs, and surgery. Do these passive treatment modalities address the causative factors for these disorders? No. Passive treatments may temporarily knock down the symptoms, but they do not address the causes. In fact, very often these powerful analgesics, anti-inflammatory drugs, and steroids cause side effects that make matters worse. So, what do doctors frequently do in response? Answer: Prescribe additional medications to help manage the side-effects of such strong drugs—more drugs to cover-up the effects of the drugs that are masking the symptoms of the problem. Wow.

Unfortunately, the vast majority of health care in the United States is reactive. This approach is upside-down. We wait until we get sick, don't feel quite right, or something is not working the way it should. We go see the doctor. The office is packed with sick people. We wait an hour and are lucky if we get a ten minute visit with the doctor. We get a diagnosis and usually a prescription for drugs. We pick up the pills at the drugstore. We go home and take the pills. We wait and see if the pills make us feel any better. Crazy.

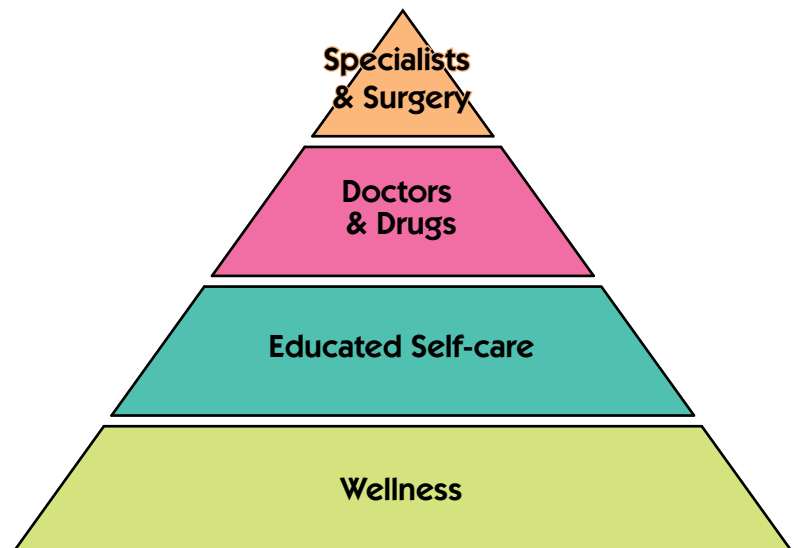
In this country, we seem to be addicted to the quick-fix of prescription drugs. Unfortunately, it's our appetite for a magic bullet that drives medical providers and pharmaceutical companies to give us what we want. We need to change that. We shouldn't make the mistake of thinking that an ambulance will carry our health to a better place; it will not. Let's build a fence instead.

Thomas Edison once quoted said, "The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." We shouldn't wait any longer.

## Current System

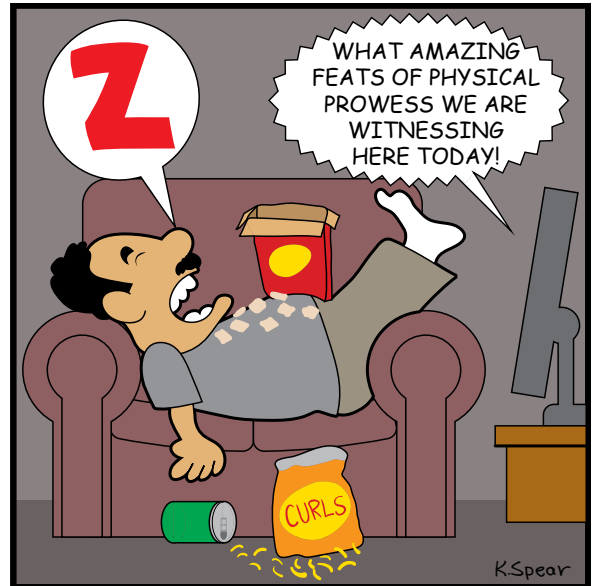


## Wellness System



# Chapter 4: Causes of Lifestyle Diseases

*“The elimination of the cause of illness is the obvious and only way to healing and health.” ~Stanley Burroughs*



Heart Disease

Diabetes

Cancer

Stroke

Arthritis

Migraine Headaches

Sleep Disorders

Musculoskeletal Disorders

Nerve Compression Disorders

Carpal Tunnel Syndrome

Tendonitis

Degenerative Neck & Back Disorders

Pulmonary Disease

Osteoporosis

Arteriosclerosis

Gallbladder Disease

Kidney & Liver Disease

Alzheimer's & Dementia

The lifestyle-related diseases listed above are on the rise in our country. These preventable chronic diseases are the outcome of our unhealthy choices. Identifying the causes of lifestyle diseases is critical, because the elimination of the causes is the obvious and only way to achieve healing and enhanced health. This chapter is devoted to gaining a better understanding of the true causes of lifestyle diseases.

First, we make a mistake when we confuse the name of the disease with the causes of the disease. Contrary to popular belief, a “heart attack” is not caused by “cardiovascular disease.” Cardiovascular disease is not the cause; it’s just the name of the disorder that led to the eventual dysfunction, shutdown or “attack” of the system. Cardiovascular disease and the subsequent “heart attack” is the **result** of exposure to a combination of risk factors over a period time. Likewise, numbness and related dysfunction of the fingers and hand is not caused by “carpal tunnel syndrome;” it’s a disease process that is the result of exposure to a number of different risk factors over a period of time.

Next, let’s focus on some of the primary causes of these lifestyle disorders:

- 1) Dehydration
- 2) Malnutrition
- 3) Inflammation
- 4) Fatigue
- 5) Poor physical fitness
- 6) Poor health habits

## Dehydration:

Here's a good question to ponder: How well does your garden grow if it doesn't regularly get water?

Answer: Not very well.

Healthy muscles are comprised of at least 70% water. Dehydration of the muscles and tendons is a primary cause of muscle fatigue, strain, tendonitis, and other disorders of the musculoskeletal system. Do your muscles feel fatigued and tight for no apparent reason? If so, chances are good that they are living in "drought" conditions. You need a muscular energy boost? Drink plenty of water.

When your body lacks water, it goes into a retention mode. The body retains water for the heart and the brain and other critical internal organs that keep you alive, and steals needed water from the other "non-vital" parts of the body. Water retention is a survival mechanism of our bodies, a symptom of dehydration. Water retention is an indication that you should be drinking more water, not less.

When your body gets dehydrated, it lets you know. How? Headaches, joint pain, muscular fatigue, tendonitis, arthritis, high blood pressure, digestion problems, weight gain, and asthma to name a few.

## Malnutrition:

It's been said that the Standard American Diet is...S.A.D. I'd say that's true. We tend to eat too many calories, and not enough nutrients. We tend to overeat, yet we are undernourished. We don't live in a third world country, yet many of us are malnourished simply because we choose to eat too many bad foods and do not eat enough good foods.

The American diet has changed dramatically over the years. We eat more "dead" foods and fewer "living" foods now, than we did just 50 years ago. Living foods are fruits, vegetables, whole grains, seeds and nuts. Dead foods are empty calorie foods such as sugar and man-made fats and oils. The lack of living foods in our diet along with the overconsumption of dead foods causes chronic diseases such as inflammation disorders, diabetes, arthritis, chronic fatigue, cardiovascular disease, obesity, and many others.

## Inflammation:

In medical terminology, the suffix "itis" refers to inflammation disorders. Tendonitis, tendosynovitis, arthritis, epicondylitis, colitis, pancreatitis, neuritis, gastroenteritis, fibromyositis, and bursitis to name a few. Inflammation is a primary cause of most lifestyle-related disorders, including heart disease and musculoskeletal disorders.

Inflammation is often invisible and subtle; it's on the inside, and you don't necessarily feel it. You may not recognize that it's there, but it's a fire within your body that is burning up your soft tissues from the inside-out. Your whole body can be in an inflamed condition. Inflammation looks for small cracks or vulnerabilities in your body, and then attacks those weaknesses resulting in an "itis" disorder.

Taking anti-inflammatory drugs might seem like an easy fix to cool down inflammation, but this doesn't address the cause. The biggest cause of this fire within our bodies is inflammatory sugars and fats within our diet. Other contributing factors are stress, lack of exercise, and sometimes food allergies.

## **Fatigue:**

Adequate amounts of rest and sleep are very important ingredients for our health. Many of us live in a state of mental and physical exhaustion due to a lack of rest and sleep. While resting and especially when sleeping, your body shuts down and allows for recovery and repair. Sleep provides a daily boost to our hormones, immune system, muscles, alertness, brain function, etc. Our mind, body and spirit are able to revitalize when we get good rest and sleep.

Lack of sleep on the other hand, can be a disaster that takes a terrible toll on our health and quality of life. In the near term, inadequate rest and sleep causes significant reductions in physical performance and mental alertness, impairs memory, and increases risk of automobile accidents and musculoskeletal injury. Over the long term, lack of sleep is associated with numerous, serious medical illnesses including: high blood pressure, heart disease, stroke, obesity, and mental impairment.

## **Poor physical fitness:**

It's widely recognized that there's a direct correlation between poor levels of physical fitness and increased risk of chronic diseases. Everyone knows that a sedentary lifestyle is bad for your health and that regular exercise is good for your health. Multiple studies have proven that regular exercise is effective in reducing heart disease risk, lowering blood pressure, reducing pain, improving sleep, enhancing energy, losing or maintaining healthy body weight, and much more.

The fact remains, however, that millions of Americans suffer from all kinds of chronic illnesses that can be prevented through improved diet and regular physical activity.

## **Poor health habits:**

Before you begin building your plan for your better health, you should first knock down the old habits and addictions that have a negative effect on your health. Some of the poor health habits that we need to eliminate are: smoking, alcohol, drug use/abuse, sugar, fast food, soft drinks, chocolate, artificial sweeteners, worry, and stress.

# Chapter 5: Building Wellness— Accept Responsibility

*“The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny.” ~Albert Ellis*

Accepting responsibility for our health is the first and most important principle of prevention. Our personal health and wellness come mostly from within, so I recommend not participating in the blame game. Remember that whenever you point your index finger away from yourself, there are three fingers pointing right back at you. Don't make the mistake of considering yourself a victim when it comes to your wellness.

Certainly, I recognize that there are some risk factors over which you have no control.

But it's very important to acknowledge that most of the time, our health and wellness are the caboose of our personal choices. It's important for me to understand that my health and wellness are a product of my choices.

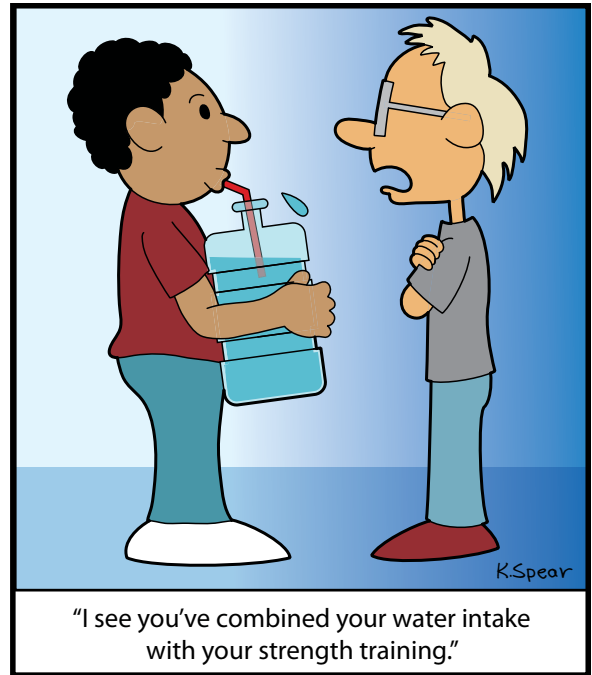
In taking personal responsibility for our health, we shouldn't just follow the instructions of others blindly. That includes the information in this book. You need to do your own homework, and based on your personal study, you need to ultimately make decisions and choices for yourself.

Accepting responsibility for your health is the starting point, and maybe the most important fundamental of wellness. You are the CEO of your personal wellness. Your goal is to take complete charge of your better health from this moment forward.



## Chapter 6: Building Wellness—Water

*“The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.  
These six will gladly you attend  
If only you are willing  
Your mind they’ll ease  
Your will they’ll mend  
And charge you not a shilling.”*  
~Wayne Fields



The health benefits of drinking adequate amounts of water should not be underestimated. Water plays a vital role in all cellular activities, transporting essential vitamins and minerals at the cell level throughout the body. If your body becomes dehydrated, the capability of your transport system is compromised, and you will lose strength and energy. Lack of water can cause metabolic waste and by-products like lactic acid, uric acid, ammonia and other toxins to accumulate in our soft tissues. You don’t want your soft tissues to accumulate with these toxins. Drinking adequate amounts of water throughout the day will ensure that all this junk is properly flushed out.

Keeping your body properly hydrated provides many health benefits:

- Water helps remove toxins that lead to inflammation.
- Water increases the immune system and helps prevent “itis” disorders.
- Water increases the lubrication of joints and helps prevent arthritis and back pain.
- Water gives your muscles an energy boost.
- Water helps to prevent heart disease and stroke by preventing blockage of arteries.
- Water enhances brain function and helps prevent memory loss.
- Water improves skin health and outside appearance.

How much water does our body need? Many recommend 8-10 glasses of water per day as a good measure. But all people are not created equal and our lifestyle habits differ greatly, so we should probably do a little better than that. Dr. Don Colbert, in his book *The Seven Pillars of Health* states that to determine how much water your body needs, you can take your body weight and divide that number by 2. That’s how many ounces of water you need every day. For example, if you weigh 160 pounds, you need to take in at least 80 ounces of water per day.

I like this simple formula because it gives us a measurable goal to consider. However, you do not need to consume this entire amount in liquid form. How much water should you drink? The answer to this question depends on your diet, exercise habits, and environment. You can get up to one third of the water you need by eating 5-7 servings of fruit and vegetables each day. So, you can give yourself some water credits for eating fresh fruit and vegetables. Fruits and veggies contain a bunch of water, fiber, and are an excellent source of



vitamins. If you sweat significantly on a regular basis because of exercise or living in a warm climate, you will need to supply your body with more water (through food and/or liquids) than someone who does not sweat regularly.

Can you drink too much water? Yes. You don't want to force your body to accept a large amount of water within a very short period of time. Don't ever participate in a water drinking contest. If you force large amounts of fluids into your system very quickly, your kidneys will struggle to eliminate enough from your system to keep it in proper balance. So, you should drink water slowly and spread the intake throughout the day.

I'm frequently asked the following question: "Do cola drinks count? It's liquid and mostly water, right?" My answer: Your body yearns for clean and pure water. I recommend that you stay away from liquid junk.

What about coffee and tea? If a couple of cups of coffee or tea are part of your morning routine, recent research suggests no adverse health effects from this habit. In fact, there are several health benefits associated with lower amounts of coffee and green tea, as long as you don't load it with sugar and you don't exceed 3 (8 ounce) cups per day.

## Chapter 7: Building Wellness—Rest & Recovery

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*“Sleep is the golden chain that ties health and our bodies together.” ~Thomas Dekker*

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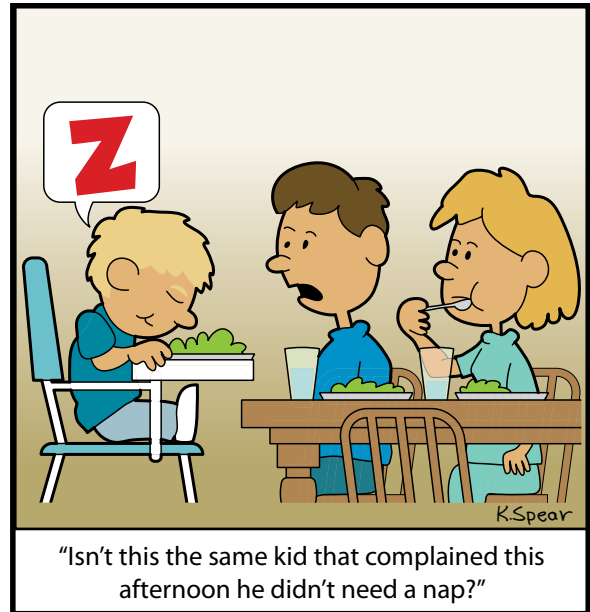
Understanding the significance of adequate recovery and sleep time, and the relationship between rest and overall health and well-being is very important. When we don't get enough sleep, our body goes into a state of stress. The increased release of stress hormones raises the level of inflammation in the body and causes a rise in blood pressure. If rest and sleep deficits persist over time, we become more vulnerable to various chronic diseases. Sleep deprivation has been linked to increased risk of obesity, heart disease, cancer, inflammation, and mental disorders.

Sleep is the best time for our bodies to repair damage caused by daily physical and mental stress. Your cells produce more protein while you are sleeping. These protein molecules form the building blocks for cells, allowing them to repair damage.

Sleep experts generally agree that most adults require between 6.5-9 hours of sleep each day to maintain optimal health and safety. When our body does not get adequate time for rest and recovery, we can develop a sleep deficit that is very difficult to recover from.

Do you know that your sleep schedule, habits, and day-to-day lifestyle choices can make a huge difference in the quality of your rest and recovery? It's true. There are many strategies that you can use to make sure that you get deep and restorative sleep that you need. It's important to discover the sleep strategies that work best for you. If you are not getting good rest, here are a few strategies that you should consider:

- Make sure that your bed is big enough and comfortable for you.
- Invest in the best when it comes to your mattress and pillow; you deserve it.
- Keep your bedroom quiet, dark, and on the cool side.
- If at all possible, go to bed and wake up at the same time every day.
- Make up for lost sleep with a daytime nap.
- Consider eliminating caffeine after lunch and reducing your overall intake.
- Avoid exercise before bedtime—it's a stimulant that can make it hard to sleep.
- Alcohol and smoking before bedtime reduces sleep quality.



# Chapter 8: Building Wellness—Nutrition

*“Sugar is a type of bodily fuel, yes, but your body runs about as well on it as a car would.” ~V.L. Allineare*

Calories are a unit of energy. Our body needs fuel for energy, so we eat food which contains calories. There are two very important facts about energy we need to understand: All foods are not created equally, and all calories are not created equally. Sugar contains calories and therefore some energy, but the calories are “empty” because they are devoid of the vitamins and nutrients that make our body healthy and strong.



A healthy diet is one of the most important weapons that we have to fight against chronic illnesses. The quality of our living is dramatically affected by the foods that we choose to eat. In the short term, what we eat affects our mind-set, mood, and energy levels, as well as our mental and physical performance. Over time, the foods we choose to eat determine what our bodies look like on the outside, how well our body functions on the inside, and ultimately, how long and how well we live.

If we want to live well and live long, we need to be intentional about “setting the table” and making better choices selecting the foods we’re going to eat. The formula for healthy eating is really simple. We need to eat fewer “empty” calories from dead foods, and we need to eat more calories from living foods. Living foods include fruit, vegetables, nuts, and seeds. Living foods are harvested. Dead foods are the opposite. They contain man-made stuff like glucose, fructose, dextrose, preservatives, and additives. Dead foods are not harvested: they’re processed.

Remember this old saying? “A doughnut a day keeps the doctor away!” Oh, wait a minute, maybe it’s not a doughnut.

## Fewer calories from these “foods”:

- Refined sugar: We need to stay away from refined sugar, high-fructose corn syrup, molasses, candy, and other empty calorie stuff.
- Soft drinks: These have an addicting taste but are “full” of “empty” calories. Soft drinks have no nutritionally beneficial components in them; they consist mostly of filtered water and refined sugars. Stick with water whenever you can—no soft drinks, not even diet drinks. This junk is not good for you.
- Refined grains: Reduce intake of refined grain foods. These include most breads, crackers, pasta and breakfast cereals. Also eliminate cakes, pies, doughnuts, cookies, croissants, muffins and all pastries, as well as snack foods such as chips, most snack mixes and buttered popcorn.
- Fats and oils: Limit saturated fats, trans fats, refined vegetable oils, margarine, lard or partially hydrogenated oils found in cookies, cakes, pastries, doughnuts, chips, fried foods, candy and most chocolate.

- **Meats:** Avoid red meats high in saturated fats and other fatty cuts of meat – ribs, bacon, sausage, hot dogs, pepperoni, salami, bologna and other packaged meats, plus most hamburgers. Also avoid fried meats.
- **Dairy and Eggs:** Eliminate high fat cream cheese, sour cream, cream sauces, whipped cream and ice cream. Limit the use of whole milk and butter products.
- **Bad Nuts and Seeds:** Stay away from all salted, roasted nuts and seeds.
- **Fried Vegetables:** Eliminate deep fried potatoes. Yep, that's French fries.
- **Fruit Juice:** Limit most fruit drinks and fruit juices. One cup of fruit juice has no fiber and up to 10 teaspoons of high glycemic sugar.
- **Excessive Salt:** Limit daily sodium intake to between 1,500 and 2,400 milligrams. Identify foods that have a high sodium content. Ask for unsalted dishes when eating out. Season your food at home with herbs and spices rather than salt. Remove salt from recipes when possible. Don't put the saltshaker on your dining table. The American Medical Association suggests that most people should cut salt intake by at least 50%. For me, this one hurts.

### More calories from these foods:

- **Vegetables:** Eat bright colored veggies which have the most vitamins, minerals and nutrients. Choose dark green, orange and red vegetables like spinach, salad mix of baby spinach or dark greens, red peppers, purple/green cabbage, carrots, zucchini, onions, celery, tomatoes, green beans, asparagus, beets, cauliflower, broccoli, yellow squash, peas, corn, and sweet potatoes.
- **Fruits:** Choose harvested whole fresh fruits. Try to select berries, oranges, red grapefruit, cantaloupe, apples, apricots, plums and other brightly colored fruit that's low on the glycemic foods index, rather than canned fruit or fruit juices.
- **Whole Grains:** Look for 100% whole wheat or rye breads, crackers and pastas, sprouted grains, brown rice, oatmeal and other whole grain, high fiber foods.
- **Good Nuts and Seeds:** Good choices of nuts and seeds are raw, unsalted almonds, walnuts and sunflower seeds. Beans (legumes), such as lentils, soy beans, garbanzo, and kidney beans are also good sources of both protein and fiber.
- **Fats and Oils:** Good olive oil, fish oil, beans, whole grains, raw nuts and seeds provide important, healthy fatty acids to your diet. You should use very light oils for salads, stir-frying and baking.
- **Dairy and Eggs:** Stick with only healthy fat-free or low-fat dairy products, such as low-fat yogurt, cottage cheese and sour cream. If you drink milk, make sure it's fat-free.
- **Fish, Poultry and Meat:** Eat healthy omega-3 fish like salmon at least twice a week. Also include poultry (without the skin). If you eat red meat, pick lean cuts and limit portion sizes.
- **Water and Other Liquids:** Pure water is the healthiest thing to drink, so stick with pure water, lemon water, and mild herbal teas. If you're a coffee drinker, I recommend limiting coffee intake to no more than 3 cups (24 ounces) per day.

### Healthy Eating Tips:

- Eat a small breakfast each day to kick-start your metabolism.
- Combine protein, carbohydrates, and fats in each meal to moderate sugar levels.

- Eat 5-6 smaller meals spread throughout the day to curb appetite and steady metabolism.
- Eat your last meal at least 3 hours before bedtime to avoid weight gain.
- No ice cream before bedtime, or ever for that matter. (This one's for me... ouch!)

## Supplements:

I had a professor in college that was dead set against taking essential vitamins and minerals in the form of pills. So, for many years I didn't take any supplements. In my professor's perfect world, she thought and taught that I should get all the vitamins and nutrients that I need from my diet. That's probably true, but the reality is that I don't live in a perfect world when it comes to my diet. My opinion on this has since changed, in part because I find that I feel so much better since I began taking supplements to fill in the gaps that my diet does not take care of. I take three daily supplements: a high quality multivitamin and mineral supplement, a Vitamin D supplement with calcium and magnesium, and an omega-3 fatty acid supplement. Notice that I didn't say vitamin "replacements." Supplements are not a substitute for healthy eating; they just fill in the gaps. Even the *American Medical Association* has had a major paradigm shift on this subject recently; they now recommend the consumption of a daily multivitamin for all adults.

# Chapter 9: Building Wellness—Exercise

*“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.” ~Edward Stanley*

Have you ever heard that regular exercise is good for you? Chances are good that yes, you have. Yet, I talk to people every day who struggle to carve out some time in their day to exercise. Recent research reveals that regular exercise is a habit with only 28% of the people surveyed. So if you find it hard to take time to exercise, you are not alone.

Why is the percentage so low given the benefits? Probably because it's easier to not exercise. Illness doesn't fall upon us on that day that we don't exercise, so the lazy nature in us tells us that another day of neglect won't hurt. Day by day, our lazy nature wins out. But sooner or later, those who think they don't have the time for exercise will be forced to find time for taking care of chronic disease. We need to face the fact that we really DO have the time. We may not have priorities or discipline or a plan, but we DO have time. So, we need to take inventory of the many reasons that we should incorporate exercise into our activities of daily living.

Your body is mostly water, right? Think about what happens to a body of water that is stagnant. The water just sits there. What eventually happens to it? It turns into dark green slime. In our bodies, such toxic buildup can wreak havoc on our health. When we exercise, we move the water within us, which flushes the slime out of the soft tissue cells and refreshes our body.

Researchers agree that exercise is effective in reducing the risk and symptoms of chronic disease. A recent study found that people who exercise at least 5 times per week have 45% fewer sick days and experience much milder symptoms when they do get sick. Exercise enhances cardiovascular health, increases muscle mass, decreases blood pressure, helps maintain good insulin and cholesterol levels, helps bone density, improves energy levels, helps our mood, improves our mental function, gives us more restful sleep, and prevents chronic illnesses. Did you know that regular exercise can even reduce your risk of cancer? It's true; research has shown that walking for 30 minutes 3 days per week can reduce a woman's risk of breast cancer by 30%.

We should incorporate three types of exercise into our wellness plan:

- 1) Aerobic or Cardiovascular Exercise
- 2) Strength Training
- 3) Stretching Exercise



## Aerobic or Cardiovascular Exercise:

Aerobic exercise is moderate to vigorous intensity physical activity such as brisk walking, jogging, running, cycling, swimming, circuit weight lifting, elliptical machine, stair climbing, dance routines, etc. Regular aerobic exercise progressively strengthens the heart and lungs, is a great fat burning form of exercise, and has tremendous general health benefits.

To maximize the health benefit, your goal should be to perform 30 minutes of exercise 3-6 times per week. The intensity of aerobic exercise can be monitored by checking your heart rate during and after exercise. I would recommend investing in a heart rate monitor, but you can also count heart pulses at your wrist or neck. To ensure that you are exercising in your target heart rate zone, you can use the chart below from the *American Heart Association*. If you push your heart rate beyond the target heart rate zone, you could be stressing your body too much and risk doing more harm than good.

Age	Maximum Heart Rate (beats/minute)	Target Heart Rate Zone (beats/minute)
15	205	103-174
20	200	100-170
25	195	98-166
30	190	95-162
35	185	93-157
40	180	90-153
45	175	88-149
50	170	85-145
55	165	83-140
60	160	80-136
65	155	78-132
70	150	75-128
75	145	73-123
80	140	70-119

## Strength Training:

Strength training is an important component of your wellness plan. Strength training has been proven to benefit all populations, from young athletes to seniors. Weight lifting is also important for women. In fact, recent studies have shown that women see tremendous benefits from strength training. We also now know that strength training is essential for men and women who wish to create visual changes in their bodies, and the benefits of strength training extend far beyond the visual. The benefits include increased muscle tone and body shape, increased bone density, improved hormone and mental function, decreased stress, increased metabolism, and weight loss.

To derive these benefits, you don't need to spend long hours each day in the gym. In fact, my recommendation is that you perform resistance training with weights only 2-3 times per week. Certainly, you will need to do much more than this if entering a body building contest is your goal. I'm just talking about maintaining good muscle tone and body shape, not "body building." The strength training program that I use takes about 35-40 minutes to complete including the warm-up, which is a total weekly investment of about 2 hours for the strength training component of my wellness plan. You can alternate muscle groups and lift weights each day if that approach appeals to you. Just remember that your muscles need at least 2 days of recovery time after vigorous strength training.

Strength training exercise is typically done in two ways: machines or free weights. While both methods are effective, I believe that using free weights and our own body weight for strength training is the best way to go for most people. Free weights are relatively inexpensive when compared to weight machines, don't take up much space, and are very easy and convenient to use at home. Free weights also offer great flexibility. There are hun-

dreds of different exercises that you can perform using your own body weight and free weights. Machines are designed in such a way that they do some of the work for you. They keep the weight stable. On the other hand, free weights aren't being held in place by anything except your muscles. This requires the use of additional stabilizer muscles which are not used when you perform the very same exercise on a machine.

### Things to remember about weight lifting:

- Prevent injury by warming up with at least 5 minutes of aerobic exercise before you start lifting weights.
- Don't use poor body mechanics or body momentum to lift the weight. If you have to swing to get the weight up, you need to use less weight for that exercise.
- Lift and lower your weights slowly for maximum benefit.
- Control your movements. Do not jerk or move quickly.
- Beginners should start with one set of 12 repetitions of each exercise.
- Keep breathing during exercise; holding your breath is not a good idea.
- Tighten your abs and core while lifting to protect your back.
- Stay within your target heart rate.
- To build lean muscle and promote endurance, use lighter weights and perform more repetitions. To build bulk and become stronger, lift heavier weights and perform fewer repetitions.
- Drink plenty of water during your workout.
- For personalized assistance, you may want to consult with a fitness professional like an athletic trainer, personal trainer, or a strength and conditioning coach.

### My Favorite Weight Training Program:

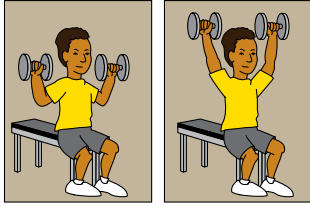
There are many different methods and programs for weight lifting. I suggest that you do your homework on this subject and then decide for yourself which program is best suited for your goals.

For maintaining good muscular strength, I recommend the following weight training program performed 2-3 days per week. My program consists of 3 circuits of 5 exercises in each circuit. The ultimate goal is to perform 3 sets of each circuit, performing 12, 10, and 8 repetitions in each respective set. For starters, you should just do 1 set of 12 reps on each circuit and build your strength and endurance. My goal is to use a weight for each exercise that brings about near muscle exhaustion on the final repetition of the set. You will need to learn what the appropriate weight is for each exercise, but generally you should start with about 50% of your single repetition maximum capability for that lift and progress from there. I try to increase the weight on my last set.

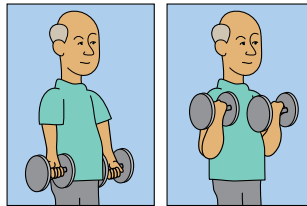
Weight lifting shouldn't be painful to joints and tendons, but you will need to fatigue or overload the muscle significantly or you won't receive an adaptive response that builds your strength.



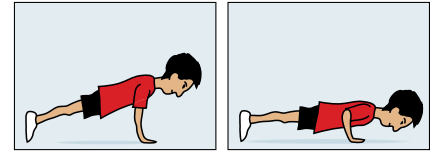
## Circuit #1



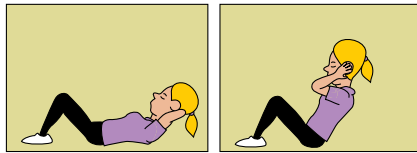
- 1. Shoulder Press** - Position dumbbells to each side of shoulders with elbows below wrists. Press dumbbells upward until arms are extended overhead. Slowly lower to sides of shoulders. Repeat.



- 2. Biceps Curls** - Position dumbbells to sides, palms facing in, arms straight and elbows to sides. Raise dumbbells by bending elbows and rotate forearm until forearm is vertical and palm faces shoulders. Slowly lower to original position. Repeat.

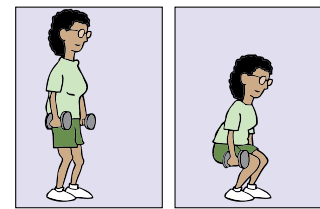


- 3. Push-ups** - Place your hands about shoulder width apart on the floor. Lower yourself until your chest almost touches the floor. Then press your upper body back up to the starting position. Repeat.



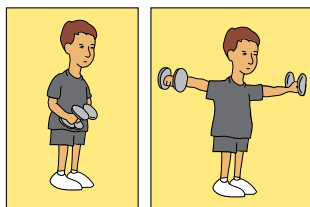
- 4. Bent Knee Sit-ups** - Lie on your back with your knees bent and your feet flat on the floor. Place your hands behind your head pulling your elbows back without arching your low back. Contract your abdominal and core muscles

and flex your chin towards your chest while slowly curling your torso to your thighs. Don't pull your head and neck with your arms. Slowly lower your torso back to the floor. Repeat.

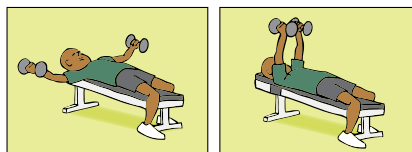


- 5. Squats with Heel Raise** - Stand with dumbbells to sides. Slowly bend knees forward while keeping back straight and knees aligned with feet. Squat down until thighs are parallel to floor, then extend knees to straightened position and perform a toe raise. Repeat.

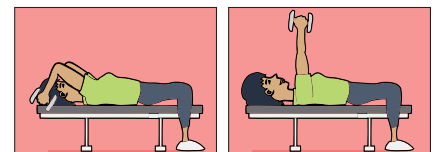
## Circuit #2



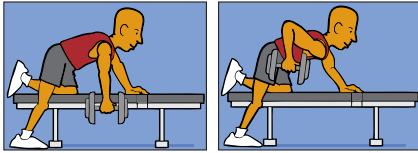
- 1. Lateral Shoulder Raises** - Grasp dumbbells in front of thighs with elbows slightly bent and palms facing away. Bend hips and knees slightly, raising arms to sides until elbows reach shoulder height. Slowly lower back to starting position. Repeat.



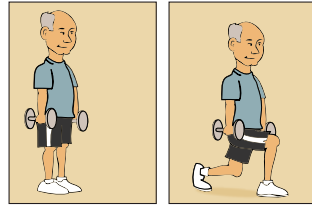
- 2. Flat Flies** - Grasp two dumbbells. Lie on bench supporting dumbbells above chest with arms almost straight. Slowly lower dumbbells laterally to sides until chest muscles are stretched, keeping elbows slightly bent. Bring dumbbells back together above chest. Repeat.



- 3. Triceps Extensions** - Lie on bench holding dumbbells with your arms extended above shoulders. Slowly lower the dumbbells behind your head. Raise the dumbbells back up to the starting position. Repeat.

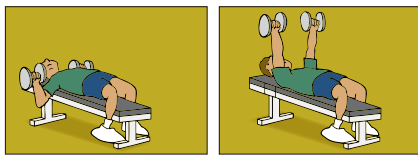


4. **Single Arm Rows** - Lean over bench and place the hand of supporting arm on bench. Grasp dumbbell from floor and pull up to side until upper arm is just beyond horizontal. Lower weight until arm is extended and shoulder is stretched downward and repeat. Complete set and repeat with opposite arm.

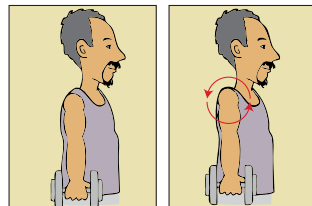


5. **Lunges** - Stand with dumbbells to sides. Lunge forward with first leg, landing on heel then forefoot. Lower body by flexing knee and hip of front leg until front thigh is parallel with floor. Return to original standing position by pushing and extending hip and knee of forward leg. Alternate lunge with opposite leg and repeat.

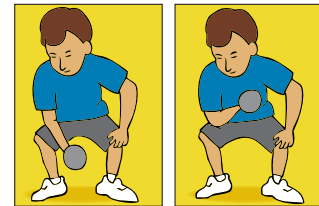
### Circuit #3



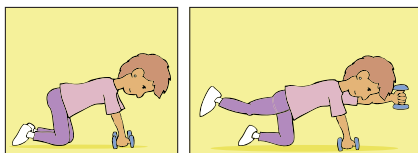
1. **Bench Press** - Sit down on bench with dumbbells resting on lower thigh. Lift weights to shoulder level and lie back. Position dumbbells to sides of chest with bent arm under each dumbbell. Press dumbbells up with elbows until arms are extended. Slowly lower weights to sides of upper chest until slight stretch is felt in chest or shoulder. Repeat.



2. **Reverse Shoulder Rolls** - In standing position hold a dumbbell in each hand with arms to side and elbows very slightly bent. Shrug your shoulders up and then slowly roll shoulders back (pull shoulder blades together), down, forward, and up. Repeat.

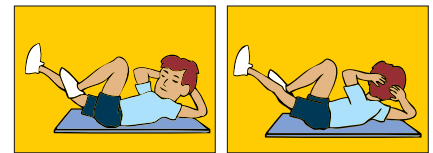


3. **Squat Biceps Curls** - Hold dumbbell in one hand. Lower down into a squat position and place elbows on the lower thighs. Curl dumbbell with first arm by bending elbow and rotating forearm until palm faces chest/shoulder. Slowly lower to original position and repeat to complete set. Complete set with opposite arm.



4. **Arm/Leg Back Extension** - Hold dumbbell (use light weight) in each hand and get into starting position placing hands and knees on the floor. Lift your left arm in front of you until it is in line with your back, at the same time lift

your right leg until it is also in line with your back. Return to the starting position. Raise your right arm and left leg. Alternate sides to complete set.



5. **Bicycle Abs** - Lie flat on the floor face up, placing your hands behind your head. Bring your knees up to about a 45-degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. Repeat to complete set.

## Stretching Exercise:

Did you know that daily stretching reduces muscle fatigue and risk of injury? Stretching increases blood supply and nutrients to joint structures, increases soft tissue temperature, enhances elasticity of soft tissues, and acts as a lubricant for our bones and cartilage. Stretching also increases a joint's ability to move through a greater range of motion with less energy required to do so, decreasing resistance in tendons and muscles. Many studies have also shown that stretching improves muscular balance, posture, and muscle coordination.

Experts disagree about how long to hold a passive stretch in its lengthened position. Various sources seem to suggest that they should be held for as little as 10 seconds to as long as 60 seconds. The truth is that no one really seems to know for sure. A good common ground seems to be about 20 seconds. I've found that holding for 10 seconds, releasing for a few seconds followed by another 10 seconds of stretching is the method and duration that works best for me. I encourage you to experiment with various durations and then stick with what works best for you.

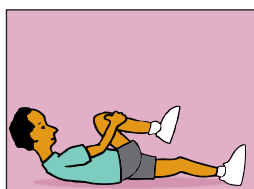
## Things to remember about stretching:

- It's important to get some blood flowing to your muscles prior to stretching.
- Try stretching after aerobic exercise or weight training.
- Keep breathing at a normal rate while performing stretches.
- Gently pull on muscles and hold for 10 seconds, then pause and repeat.
- Do not bounce the stretch.
- Release the stretch very slowly.
- Stretches should feel good and never hurt when performing! If you feel pain during a stretch, loosen to a point where you feel only a gentle pull.
- You can also perform these stretches when you feel fatigue or have been in one position for a long period of time.

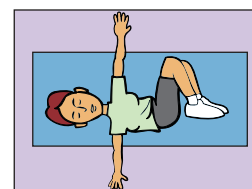
## My Favorite Stretching Exercises:



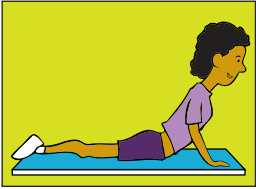
**Hamstring Stretch** - Lie on your back. Place a towel around one foot. Gently and slowly pull to straighten your leg until you feel a stretch in the back of your thigh. Hold for 10 seconds, relax and repeat. Perform stretch on opposite side.



**Single Knee to Chest** - Lie on your back. Keeping one leg straight, bring your other leg upward towards your chest and grasp it behind the knee with your hands. Gently pull with your arms while lifting your head and shoulders until you feel a pull in your back muscles. Hold for 10 seconds, relax and repeat. Perform stretch on opposite side.



**Lower Back Rotation Stretch** - Lie on your back. Start with knees bent and feet on the floor, with hands behind your head. Let knees fall, comfortably, to one side until you feel a stretching in your lower back on the opposite side. Hold for 10 seconds, relax and repeat. Bring your knees back to center. Perform stretch on opposite side.



**Low Back Extension Stretch -**

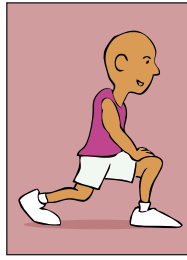
Lie on your front with hands in push-up position. Start by gently pushing your chest away from the floor. If this is comfortable try pushing up onto your elbows, or all the way up until elbows are straight as tolerated. Hold stretch for 10 seconds, relax and repeat.



**Inner Thigh Stretch -** Sit on the floor with feet together and facing each other. Grab hold of your toes and let your arms rest on the thighs. Gently pull your feet as close to your groin as possible, then use your elbows to press thighs downward for a complete stretch. Hold for 10 seconds, relax and repeat.



**Prayer Stretch -** Stand with palms together and elbows out in a “prayer” position. Slowly lower wrists until a stretch is felt, keeping fingers together. Hold for 10 seconds, relax and repeat.



**Hip Flexor & Calf Stretch -**

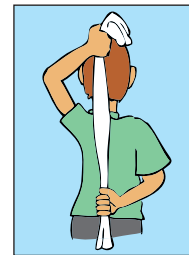
This stretch is very similar to a basic lunge. From standing position begin by striding forward with one leg to execute a regular lunge while keeping the other leg set in place and heel on the floor. Keep hands on hips and back straight. Hold for 10 seconds, relax and repeat. Perform stretch on opposite side.



**Quad Stretch -** Stand near a stationary object and use it for balance if needed. Lift your right foot towards your bottom. Use your right hand to hold the top of the foot, and pull up until you feel a stretch in the front of your thigh. Hold for 10 seconds, relax and repeat. Perform stretch on opposite side.



**Corner Stretch -** Stand upright facing a doorway or corner with one foot in front of the other. Place hands between eye and shoulder level on opposing walls. With weight 100% on feet, lean into corner or doorway to feel stretch in the front of the shoulder and chest. Hold for 10 seconds, relax and repeat.



**Shoulder Towel Stretch -** Stand upright and grasp towel behind your back as pictured. Gently pull up with the top hand to stretch the opposite shoulder. Hold for 10 seconds, relax and repeat. Switch hand position to stretch other shoulder. You can also reverse the stretch by pulling down with the bottom hand to stretch the top shoulder joint.

# Chapter 10: Building Wellness—Fat Loss

*“One should eat to live, not live to eat.” ~Cicero*

## Fat Loss:

Weight loss programs and fad diets that severely restrict major food groups and/or calorie intake do not work over the long term. Starvation diets do not and will not work to enhance your health. Even if you do temporarily lose some weight, the overall effect on your health and energy is lousy. Study after study has proven this as fact.

However, we should not let this fact lead us to believe that paying attention to calories is not important. If we need to lose body fat, then tracking calories is a valuable tool that will help us achieve our goal. To lose body fat weight, we need to consume fewer total calories than our body burns each day for our energy needs. If you eat more calories than you burn, you gain body fat. If you eat fewer calories than you burn, you lose body fat. So the difference between calories consumed and calories burned off is the important thing.

How many calories do I burn each day? Many different formulas can be used to determine your caloric maintenance level by taking into account the factors of age, sex, height, weight, lean body mass, and activity level. Any formula that takes into account your lean body mass will give you the most accurate determination of your energy expenditure in calories, but even without body mass measures you can still get a good estimate. According to the USDA, which provides nutrition recommendations for the American public, adult males need 2000 to 2500 daily calories and women need between 1800 and 2300 calories per day for daily maintenance. This is based on an average lifestyle, which would include a relatively sedentary job with two or three hours of vigorous activity each week. Remember, these are only averages. Caloric expenditure can vary widely and is much higher for athletes or extremely active individuals.

If you want to lose fat, a useful and simple guideline for lowering your calorie intake is to reduce your calories by at least 500, but not more than 1000 below your maintenance level. In order to lose one pound of fat per week, you would need to burn 3,500 calories *more* than you consume. This calorie deficit can be achieved either by calorie-restriction alone, or by a combination of fewer calories in (diet) and more calories out (exercise).

A combination of consuming the types of living foods outlined in the nutrition chapter, along with regular exercise to build muscle and burn calories is the way to go. This combination of diet and exercise is best for lasting fat loss.

I want to emphasize that our goal should not be “weight” loss. Our objective is to increase muscle tone and lose body fat, transforming our bodies and not just dropping pounds. Muscle burns calories even when it’s just sitting there. Fat does not. In fact, for every pound of muscle you gain, you’ll burn another 50 calories a day.



## Body Mass Index (BMI)

BMI is a useful measure of fitness level and a very simple way to establish an objective baseline from which to measure your progress. It is calculated from your height and weight. BMI is a good gauge of your risk for diseases that can occur with more body fat. The higher you're BMI, the higher your risk for lifestyle diseases.

	BMI
<b>Underweight</b>	Below 18.5
<b>Normal</b>	18.5–24.9
<b>Overweight</b>	25.0–29.9
<b>Obesity</b>	30.0 and Above

To determine your current BMI, you will need to measure your height in inches without shoes, and your weight in pounds. To use the BMI table below, find your height in the left-hand column. Move across the chart to find your weight. From there, the number at the top of this column is your current BMI.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
<b>Height (inches)</b>	<b>Body Weight (pounds)</b>																
<b>58</b>	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
<b>59</b>	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
<b>60</b>	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
<b>61</b>	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
<b>62</b>	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
<b>63</b>	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
<b>64</b>	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
<b>65</b>	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
<b>66</b>	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
<b>67</b>	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
<b>68</b>	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
<b>69</b>	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
<b>70</b>	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
<b>71</b>	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
<b>72</b>	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
<b>73</b>	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
<b>74</b>	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
<b>75</b>	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
<b>76</b>	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

\*National Institute of Health

How can we apply this information? Let me show you how I used it to lose body fat.

It was important for me to know my numbers; I wanted a baseline and a way to track my progress. At the starting point of my journey, my BMI was 30. My height is 69 inches and my weight was 205 pounds, so I just used these numbers and the chart on the previous page to get my BMI. I was astonished to learn that I was considered “obese”, but the numbers didn’t lie and told me why I was beginning to have health problems.

I set a goal to lose 45 pounds of body fat and reduce my BMI to 24. I wanted to accomplish this goal in 45 weeks, losing an average of 1 pound per week until I reached my target weight of 160 pounds. According to the data outlined previously in this chapter, my average energy needs for regular body maintenance is at least 2000 calories per day. Remember, to lose 1 pound of body fat per week, I needed to burn an average of 500 calories more than I consumed on average each day. So, I set a calorie intake goal of 1700 which is 300 below my maintenance level. Then, my exercise goal was to increase the number of calories that I burned by at least 200 each day. That's a 500 calorie deficit per day and a 3500 calorie deficit per week. As long as I hit the numbers, I was certain that I would lose one pound of body fat per week.

# Chapter 11: Building Wellness—Workplace

*“Precaution is better than cure.” ~John Lee*

Agencies such as the Occupational Safety & Health Administration (OSHA) and the National Institute of Safety & Health (NIOSH) suggest that chronic musculoskeletal disorders (MSD) such as tendonitis, carpal tunnel syndrome, and other so-called “work-related” disorders are caused by repetitive motion and other factors related only to work activity. The use of terms like “repetitive motion injury” and “ergonomic injury” by these agencies, as well as the treatment community, is confusing and not accurate.

The *Journal of Hand Surgery* published a review of over 2000 articles identified as potentially relevant studies concerning the work-relatedness of MSD. This review concluded, “Most articles purporting to demonstrate a relationship between work and the development of upper extremity conditions focused on occupational risk factors, with very little mention given to non-occupational risk factors.” So, if only work-related factors are evaluated as the potential cause of these illnesses, then it follows that only work-related factors will be found as the cause.

Strategies for the prevention of chronic musculoskeletal disorders should be founded upon the identification and elimination of all causative factors. Therefore, it’s very important for us to get this right. If “work-related” disorders were solely caused by occupational factors, then wouldn’t it follow that all workers performing the same job demands will develop these conditions? How can we explain why one worker is healthy and another worker, doing an identical job under identical conditions, develops carpal tunnel syndrome or some other musculoskeletal disorder?

The truth is, so called “work-related” disorders typically have no single cause. These disorders are caused by many factors including lifestyle risk factors such as dehydration, malnutrition, fatigue, poor physical fitness, and poor health habits along with risk factors that also may exist in the workplace.

Certainly, the employer has the responsibility to provide a safe work environment free of ergonomic risk factors. The design of work needs to account for all shapes and sizes of people, and take into account the capabilities and limitations of the human body. While I believe that ergonomics is a very important part of MSD prevention, this approach is not enough on its own because risk factors associated with the workplace are not the only causative factors. My twenty years of experience has taught me that **people** are at the core of effective management and prevention of “work-place” disorders. Risk factors associated with the person, as well as the workplace, must not be overlooked.

All possible risk factors that may contribute to MSD must be considered, and a comprehensive strategy to eliminate those risks should be implemented. The most effective strategy to combat workplace MSD risk factors is to create a culture of prevention.

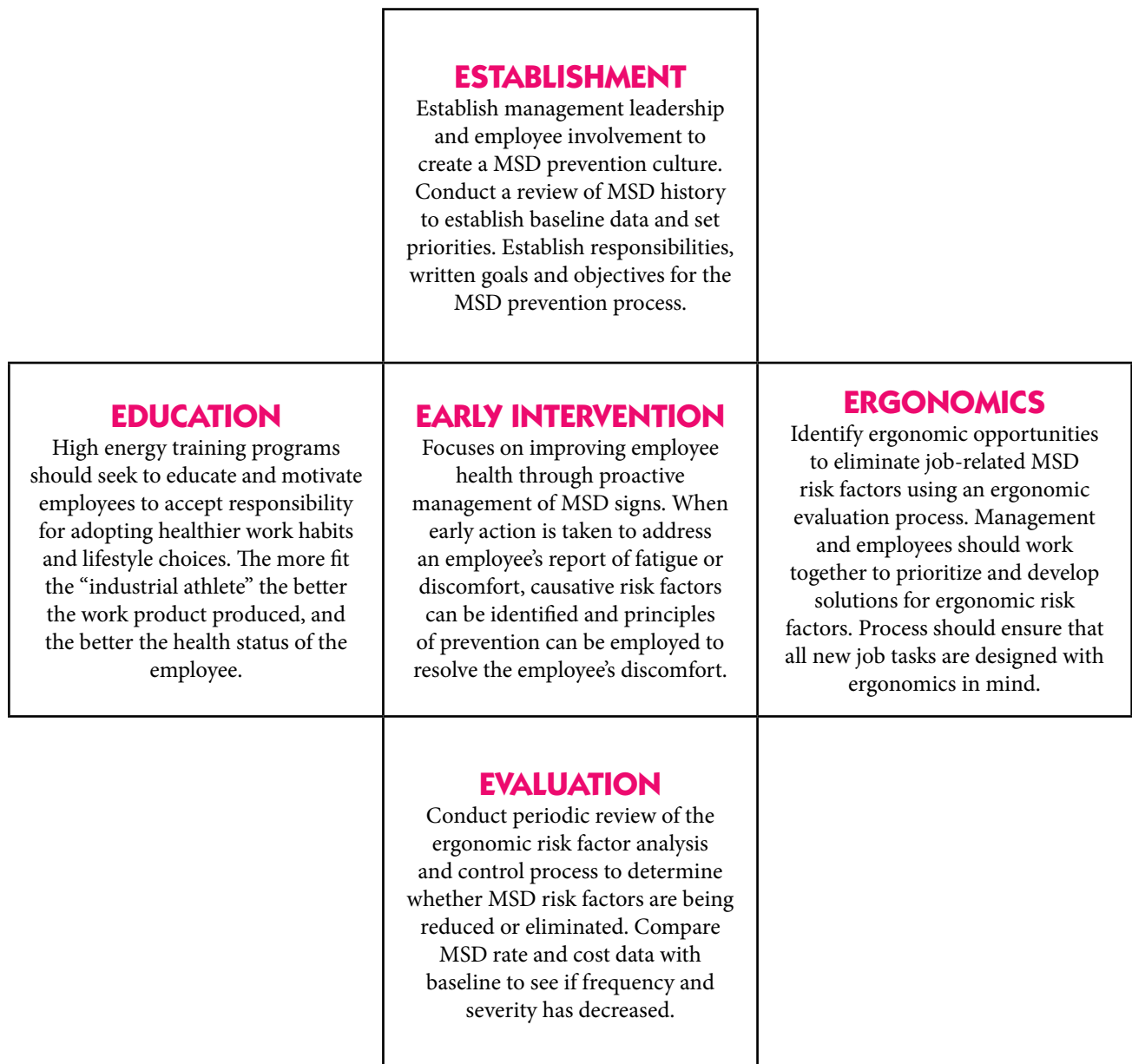
Prevention of MSD is a shared responsibility. The employer has the responsibility to provide a workplace free





of ergonomics risk factors, while the employee is responsible for using the human body properly to do the job and for keeping their body fit for the work he/she has chosen to do. Based on my experience and past results, I believe that five primary elements must be included in any prevention program that seeks to change the culture from reactive to proactive.

# Ergonomics Plus “E+ System” for MSD prevention



# Chapter 12: Building Wellness— Lifestyle Habits

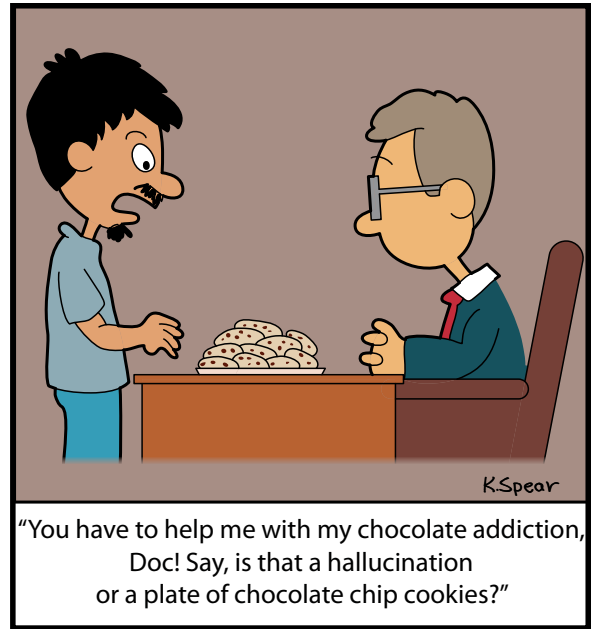
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*“Habit, if not resisted, soon becomes necessity.” ~St. Augustine*

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I’m going to keep this chapter very short and to the point, because it’s very likely that you’ve heard what I have to say before. Unhealthy habits like smoking, excessive drinking, excessive sugar intake, and fast food can lead to unhealthy addictions.

I have struggled with the bad habits of eating too much fast food over the years and watching situation comedy reruns when I should have been exercising. These bad habits really seem to grab me when I’m feeling a little down for whatever reason, and then they become a cycle that is hard for me to shake. For me, a health scare served as a wake-up call, and then I took action by facing the truth and seeking the support I needed to make some changes in my lifestyle choices. Obviously, the best approach is to resolve the bad habits before they become addictive. We all need to periodically take an extremely honest look at our lifestyle choices and patterns of action, because these habits can have such a profound effect on our health.



## Tips for changing bad health habits:

- Seek professional help if you think you have an addiction.
- Recognize the truth. Awareness is the first step to breaking a bad habit.
- After you make a decision to change, your direction is set. Make the decision.
- Make a commitment to do whatever it takes to let go of your old behavior and to introduce new behaviors that serve you better.
- Connect with an accountability partner or group to help you.
- As you take daily actions toward your new habit, remember that consistency is critical. Taking only occasional action will not work.
- Never give up.

# Chapter 13:

## Building a Wellness Plan

*“Visualize this thing that you want, see it, feel it, believe in it. Make your mental blue print, and then begin to build.” ~Robert Collier*



### Building Block #1: Face the Truth

When I enter a final destination address into my GPS, it first calculates my current location before it gives me the directions and road map. Considering where we are and where we want to be is an important initial step that we must not overlook. Taking an “inside-out” approach to my personal health means to start first with myself, to take responsibility and remove the excuse list that serves as a barrier to my improved health and wellness. Only after the “excuse” and “blame” factors are identified and eliminated can I go to work on building a better plan for my health.

Some may be afraid to get moving in another direction because of past failure. I understand that feeling, been there and done that. But friends, we can do absolutely nothing about the past. It’s over. Done. May I suggest that you bury your past today? Do it, and this will allow you to take control of your future. You can make changes that will stick, changes that will have a great and positive impact on your future. You can make changes in your life and lifestyle—just give yourself a chance.

### Building Block #2: Identify the Reasons

The next question to address is not “How?” or “What? It’s “Why?” Having a powerful reason to make important changes in your lifestyle is something that no one can give you. I encourage you to take time to identify some powerful reasons to make changes in your lifestyle. When you identify reasons that are important enough, you will be better equipped to handle the inner battles that will inevitably take place as you seek to form new habits.

Like me, maybe your “why” is that you are sick and tired of feeling sick and tired. Maybe it’s being there for your family. Maybe it’s keeping your job. Living longer and healthier. Looking better on the beach.

Here’s another important “why.” We are living longer, but we are not living healthier. We are aging prematurely in this country, and the decline in health that we see around us is not related primarily to chronological age. Abnormal and early loss of functional health is caused by lifestyle diseases. Early aging leads to a lower quality of life in the last years of life, which is very sad indeed. One of the most important reasons to build a good wellness plan is so that we can live a longer, healthier, and happier life. Lifestyle determines the aging process, not merely the number of years that we’ve lived. There’s an important difference between lifespan (how long you live) and health span (how long you stay healthy). It’s very important to keep the difference between the two very small, a good wellness plan will help us do just that.

What are your reasons?

## Building Block #3: Decide

The next step toward positive change is making a clear and definite decision that you are determined to do something, or to stop doing something.

Back in my days as a professional football athletic trainer, our coach was Marv Levy who later led the Buffalo Bills to four Super Bowls. I'll never forget what Coach Levy frequently told our team. He said, "It's not enough to have a desire to win, guys. Everyone has the desire to win, but not everyone is willing to do what it takes to win. Are you willing to do what it takes? That means doing the simple things, the daily disciplines needed to become a winner. You need to do the little things in the fitness center, at the dinner table, in every practice, and on every play. The little things aren't that hard to do; it's just easier not to do them."

A desire to be healthy is not enough—desire is not what gets you there. The question we all need to ask ourselves is: Am I willing to do what it takes? It's easy to do something when you feel like it. When you don't feel like it, you need to draw upon the power that comes from having made an "all in" decision. Based on the strong reasons you've identified and the decision you've made, you'll force yourself to do it even when you don't feel like it. I'm telling you, this attitude can change the whole direction of your life.

So, here's the question I had to ask myself. Am I willing to develop the simple daily disciplines needed to be healthy? It's an easy question, with a simple "yes" or "no" answer. Decide today that you are going to take action toward your better health and say, "Yes, I am ready to do this now. I'm all in."

## Building Block #4: Study Wellness

I would encourage you to become a serious student of health and wellness. If you have a strong desire to be healthy, then you need to study health. *Building Wellness from the Inside Out* is only one person's viewpoint. You need to gather from a wide variety of viewpoints, and then make informed decisions for yourself. Here are some ways that you can learn from others:

- Learn from others by reading books, articles and blogs about wellness.
- Learn by listening to the wisdom and folly of other people.
- Learn by observing the habits of healthy and unhealthy people.

Make it a habit to capture all the knowledge you can. Make it a daily goal to take at least a few minutes to build your wellness knowledge base. This will help you stay on track and keep you motivated. Study with discernment and consider the source, and then use all the information that you've gathered to build a wellness plan that will work best for you.

## Building Block #5: Set Goals

Now is a great time for you to set a better sail for your boat. I believe that setting clear goals is vital. Perhaps the biggest reason that most people fail to change lifestyle habits is that they don't clearly define any goals. Success comes from knowing exactly where you are going, how you are going to get there, what you plan to do along the way, and who will be coming along for the ride. We need to have very specific, written goals and objectives when it comes to building a better plan for our wellness. Work on setting specific goals today. Begin with the end in mind. What exactly do you want? Write it down. Then, set a deadline date for accomplishing your goals. When the deadline date arrives, you'll either wish you had or be glad that you did.

## Building Block #6: Plan for Wellness

Investing the necessary time to properly plan for wellness is essential. If you grab the cart in the grocery store with no healthy meal plan in mind, you will be tempted to just grab whatever looks good to you even if it is not the healthiest choice. Likewise, if you don't have an exercise plan it's very easy to let it slide.

For me this is a weekly and daily habit that is done with pen and paper, actually writing down my plan for each week and each day on paper. I spend some time on Sunday evening to plan my week in advance, and then each evening during the week I make my "to do" list for the next day. Included on this list is my plan for meals and exercise, in addition to the other things that I need to do for work and home. This technique helps me see exactly what I will be doing in advance, and the process keeps me focused and very intentional about my choices. When I determine my day in advance, I find that I'm much less likely to make poor and impulsive choices. I know what I'm going to do, and I simply execute the plan. At the end of each day, I can easily take inventory of my performance by comparing my plan with my actual choices.

## Building Block # 7: Keep Score

I highly recommend that you use the journal that we have included in the next section of this book. Try it for the next 30 days, and see if you don't find it to be very valuable. Journaling is a great way to keep track of what you eat and how much you exercise, and will really help you stay on top of your goals. It's a vehicle for daily self-accountability. It's fun to use a journal as a scorecard, checking off the items accomplished on the list throughout, or at the end, of the day. At the end of each day... I know the score.

## Building Block #8: Win the Inner Battle

A constant battle is going on inside of us which determines the choices that we make. Which will we choose...a doughnut or apple, the couch or exercise, Mountain Dew or water, ease or discipline? The path of immediate gratification and least resistance pulls hard on us. Each day we encounter choices that will lead us toward good health, or alternatively toward disease. We know deep down that we need to fight our tendency to take the easy road, and become disciplined instead.

The building blocks for wellness that we've discussed previously in this chapter will help you win this inner battle and make good choices. But there's one more important building block that will help you win the daily inner battles that you will undoubtedly face. It is this: Don't go on this journey alone. Recognize that you need help from others to keep on track. Don't be afraid to ask others to help you, and bring them along if you can. It's more fun than going at it alone, and I believe you will find inspiration and motivation from being a part of a united effort.

If you have a belief in God, I would encourage you to ask for His help. I realize that this is a workplace taboo, and I certainly don't intend to offend anyone or impose my views. My desire is to tell you what helps me stay on track, and then you can take it or leave it. I believe we are made with a mind, body and spirit that are inter-related, inseparable and work together in an amazing way. Our health has an effect on our spirit, and our spirit has an effect on our health. Scripture encourages us to treat our bodies like a temple, with the utmost respect and care, so it makes sense to me that God will help us with this when we ask.

## Building Block #9: Execute the Plan

The process of changing your health begins and ends with action. Action is the ignition switch, the spark that will bring to you inspiration, accomplishment, and improved health. Our goals determine our actions, and our actions ensure the desired result. The fact that you are reading these words tells me that you are ready to take action. The end of this book is the start of your journey. I'm thrilled for you. You are on the way toward building wellness from the inside out.

Now, I urge you to take the next step. Grab a pen and let's go to work.

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*"We must all suffer from one of two pains, the pain of discipline or the pain of regret. Discipline weighs ounces...regret weighs tons." ~Jim Rohn*

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# Building Wellness - Workbook

Use this section to help clarify and shape your plan for building wellness into your lifestyle:

**Exercise #1:** Taking an “inside-out” approach to my personal health means to start first with myself, to take responsibility and remove the excuse list that serves as a barrier to my improved health and wellness.

What is the truth regarding the condition of my health right now? \_\_\_\_\_

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What are some of my poor health habits? \_\_\_\_\_

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Do I have a “blame” or “excuse” list? If so, list some them here. \_\_\_\_\_

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**Exercise #2:** It's important to identify powerful reasons to make important changes in your lifestyle. This emotional connection has a motivating effect and will make it easier to stay on course. When the going gets a little tough, you can lean on these reasons.

What are your reasons? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Exercise #3:** It's easy to do something when you feel like it. When you don't feel like it, you need to draw upon the power that comes from having made an "all in" decision.

Am I willing to do whatever it takes to build wellness into my lifestyle and to develop the habits and disciplines needed to be healthy? Yes or No \_\_\_\_\_

**Exercise #4:** If you want to be healthy, then you need to study health.

Am I willing to become a serious student of health and wellness? How? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Exercise #5:** We need to have very specific and written goals and objectives when it comes to building a better plan for our wellness.

Write some specific goals for building your wellness plan. \_\_\_\_\_

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What are the desired results that can be measured? \_\_\_\_\_

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**Exercise #6:** Investing the necessary time to properly plan for wellness is essential.

What are some ways that I can plan for my better health? \_\_\_\_\_

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## Strength Training Log

Exercises	Date:						Date:																	
	Set 1		Set 2		Set 3		Set 1		Set 2		Set 3		Set 1		Set 2		Set 3							
	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT						
CIRCUIT #1																								
Shoulder Press																								
Biceps Curls																								
Push-Ups																								
Bent Knee Sit-Ups																								
Squats with Heel Raise																								
CIRCUIT #2																								
Lateral Shoulder Raises																								
Flat Flies																								
Standing Tri Extensions																								
Single Arm Rows																								
Lunges																								
CIRCUIT #3																								
Bench Press																								
Reverse Shoulder Rolls																								
Squat Bicep Curls																								
Arm/Leg Back Extensions																								
Bicycle Abs																								



## Strength Training Log

Exercises	Date:						Date:																	
	Set 1		Set 2		Set 3		Set 1		Set 2		Set 3		Set 1		Set 2		Set 3							
	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT						
CIRCUIT #1																								
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CIRCUIT #3																								
Bench Press																								
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Squat Bicep Curls																								
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## Strength Training Log

Exercises	Date:						Date:																	
	Set 1		Set 2		Set 3		Set 1		Set 2		Set 3		Set 1		Set 2		Set 3							
	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT						
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Bench Press																								
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Arm/Leg Back Extensions																								
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## Strength Training Log

Exercises	Date:						Date:																	
	Set 1		Set 2		Set 3		Set 1		Set 2		Set 3		Set 1		Set 2		Set 3							
	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT						
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Bicycle Abs																								



## About the Author

*Mark A. Middlesworth MS, ATC*

Mark Middlesworth is president and owner of Ergonomics Plus Inc. Mark and his associates at Ergonomics Plus have been providing workplace wellness and ergonomic consulting services throughout the United States since 1989.

Client companies of Ergonomics Plus have experienced significant reductions in workplace injury and illness costs. Some clients of Ergonomics Plus include: Advice Manufacturing, Brylane Midwest, BTR Automotive, Ceradyne, Charles Schwab, Covance, Dana Corporation, Delta Faucet, DuPont, Fleetguard, General Cable, General Electric, Gerber, G4S Security, BEI Sensors, Haynes International, Community Hospital, Ice Miller, Juno Lighting Group, MAHLE Distribution Center, Masco Support Services, Miller Pipeline, Modine Manufacturing, NATA, Norandal, PBR Columbia, Pelco, Purina Nestle PetCare, Saint Joseph Hospital, Square D Company, Schneider Electric, SuperValu, UGN, United Technologies, WB Glass, and Xantrex.

Mark is a 1982 graduate of Purdue University, where he worked as a student athletic trainer in Purdue's highly-regarded athletic training program. He continued his education at Syracuse University as a graduate assistant in sports medicine. Upon graduation from Syracuse with a Master's degree in 1983, Mark worked as athletic trainer with the Chicago Blitz franchise of the United States Football League (USFL) and Taylor University. He has been a NATA BOC Certified Athletic Trainer since 1983.

Mark is a frequent public speaker addressing a variety of workplace wellness topics, and advocates the "workplace athletic trainer" model for workplace wellness and injury prevention. Mark still enjoys educating and motivating "workplace athletes" toward better health and wellness each and every day. Call today for information on booking Mark for your next meeting or conference. For more information, visit [ergo-plus.com](http://ergo-plus.com) or you may call 765-384-4499.

Mark is also founder of Bright Apple Wellness Network, partnering with outstanding health and wellness providers to promote products and services which make it easier for families to build wellness into their lives. For more information regarding Bright Apple Wellness Network, visit [brightapple.net](http://brightapple.net) or you may call 317-607-0998.



# Building Wellness from the INSIDE OUT

Start your journey toward better health today!

Are you sick and tired of being sick and tired? You don't have to feel that way any longer!

In his book, *Building Wellness from the Inside Out*, Mark Middlesworth has developed a step-by-step plan to lead you from sick and tired to healthy and energized!

When you consider his background and experience, you may think you are about to read just another diet and exercise book. You know the ones—the books that detail excruciating workouts and tasteless diets, promising impossible results.

But don't let his list of credentials fool you! Throughout the book, Middlesworth confesses his own weight and health struggles—along with his penchant for a nightly bowl of ice cream before bed! With warmth, humor, and plenty of personal anecdotes to keep the reading interesting, he provides the encouragement and motivation you need—not only to start a plan for wellness, but to stick with it for a lifetime.

- Do you know which common diseases are directly related to our lifestyle and eating habits?
- Do you know the amazing health benefits of a glass of water?
- Do you know the difference between “living” and “dead” foods?

Drop that donut, turn the page, and discover the answers to these questions and many more. You *can* make the decision to take back your life and restore good health habits, or create those new, healthy habits for the very first time! Don't put it off any longer—let's begin today!

Mark Middlesworth is president and owner of Ergonomics Plus Inc. Mark and his associates at Ergonomics Plus have been providing workplace wellness and ergonomic consulting services throughout the United States since 1989.

Mark is a 1982 graduate of Purdue University, where he worked as a student athletic trainer in Purdue's highly-regarded athletic training program. He continued his education at Syracuse University as a graduate assistant in sports medicine. Upon graduation from Syracuse with a Master's degree in 1983, Mark worked as athletic trainer with the Chicago Blitz franchise of the United States Football League (USFL) and Taylor University. He has been a NATA BOC Certified Athletic Trainer since 1983.

Mark is a frequent public speaker addressing a variety of workplace wellness topics, and advocates the “workplace athletic trainer” model for workplace wellness and injury prevention. Mark still enjoys educating and motivating “workplace athletes” toward better health and wellness each and every day. Call today for information on booking Mark for your next meeting or conference. For more information, visit [ergo-plus.com](http://ergo-plus.com) or you may call 765-384-4499.

Mark is also founder of Bright Apple Wellness Network, partnering with outstanding health and wellness providers to promote products and services which make it easier for families to build wellness into their lives. For more information regarding Bright Apple Wellness Network, visit [brightapple.net](http://brightapple.net) or you may call 317-607-0998.

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