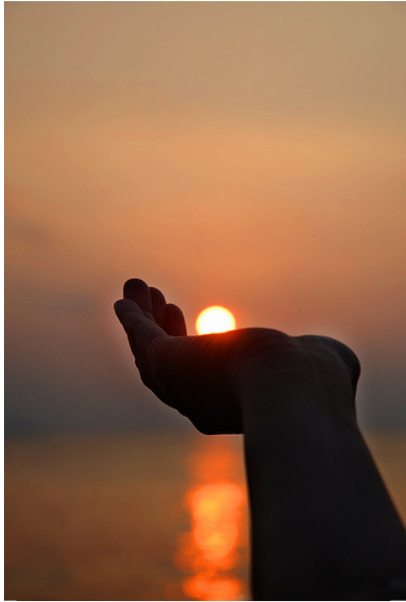


It really is in your hands ...

Take Control Now!



I know I have been here before, but after a reminder again this week I think I need to go here again. This weeks' article may excite you, refresh you, remind you, challenge you or even irritate you. Whatever it does, I hope it moves you towards positive action to take control of the only thing that will determine what you do and have in this world ... that is your wellbeing! Without it nothing else matters! The money you have in the bank has no value if you can't enjoy it. Quality time with your beautiful family (or family to be) is lost without your health. Every other pursuit you have in your life will come to nothing without your health. Yet still too many people behave, on a daily basis, in a way that can only lead to a bad place. It is not ill-health which cripples people – it is the attitude of 'she'll be right mate!' that does.

Please understand this clearly – SHE WILL NOT BE RIGHT MATE! This may be an aggressive opening to this weeks' article, but I get so passionate about good health because it is just not that hard for every single person on the planet to take some simple steps to change their circumstances. Yet for many they continually ignore the impact of their daily decisions and hence their own wellbeing. If this is you and are still reading, feeling challenged – good!

Think very carefully about this question ... by ignoring your wellbeing, what are you saying about, not just yourself, but the people you care about most?

What is more important your car, your home or your health?

This little 'dummy spit' of mine has been set off by a meeting I had during the week. I caught up with Peter, a manager at one of the biggest health insurance companies in Australia. He told me that 9 million Australian's have health insurance. I say well done to the 9 million – but that leaves 13 million Australian's uninsured. I imagine, in most cases, it is because of cost or apathy or both. Let me tell you it will cost far more to recover lost health than will ever be invested in health insurance and other preventative measures. The same people who don't insure their health would most likely have home or car insurance! It seems so obvious to me ... lose my car or my health? I know which I would rather lose – you?



The other thing that concerned me, during my conversation with Peter, was the alarmingly low percentage of people who actually have regular health checks - particularly those over the age of 40. It is these same people who

when confronted with some sort of diagnosis say that 'it isn't fair' and ask 'why me?' If all you did was have a proper health check every 12 months then the chances are, if anything is there, you can pick it up early enough to deal with it and get rid of it. Again this is in your hands!

Not fun but so worth it

I remember about 10 years ago, when I was 37, I decided to go and get my first real proper health check. A friend of mine had just been to the men's clinic at one of the hospitals in Melbourne which he told me all about - I thought it sounded good so I booked an appointment. The only problem was that I forgot which hospital he mentioned and so I booked the one I thought it was. Even if it wasn't the same hospital, I thought, surely it would be a similar health check - or so I believed! I turned up for my appointment, but immediately something just didn't feel right ... this was confirmed as soon as I sat down in front of a man who, with no warning, started asking me about my erection problem! Whoops, wrong hospital!!



I re-booked at the right hospital and had a much better experience. That was until the doctor asked me to take off my pants, roll onto my side and bring my knees to my chest. At the same time I heard the unmistakable sound of rubber stretching! Before I knew what was going on my prostate had been checked, given the all clear and I was on my way, feeling a bit violated but really glad I had taken the plunge. I now get a regular check every 12 months and have done for the last 10 years ... and I feel great!

Don't wait until it is too late – Take control now

It is my plea for you to take action now. I am not saying this for me - it is for you and your family. It doesn't matter whether you are young or old, single or married, kids or no kids, just think ... what wouldn't you do better with greater wellbeing? Do it now - 'she **will not** be right mate' if you just go with the flow. Here are three simple steps I would encourage you to take ...

1. Get insured - if it is money then, get rid of your pay TV, cut back on cigarettes, alcohol or other non-essentials. The money is there ... is your wellbeing - NO - is your life worth it?
2. Get your health checked - why not? Don't be scared - the finger up the bum doesn't last long. What is peace of mind worth to you?
3. Get moving - just commit to a few basic habits that you will change. Eat breakfast, drink more water, eat more fruit & vegetables, more fish and less processed foods. Introduce some simple & fun regular exercise into your life. I know you already know what to do - so just do what you know to do!

If you are still reading (as many people stopped reading a while ago) then either, you are already doing this stuff and I say well done to you ... who can you share this with? Or you are ready and willing to make some changes and for that I respect you very much - it will be so worth it. You obviously know your wellbeing is in your hands and you have decided to take control - you are a champion! Have a happy, healthy and high energy week

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