



## **Working for Health**

### *Exercise and Health*

#### **Presenter**

Physical fitness, exercise and the body and a variety of people sharing their thoughts on the relationship between exercise and health. We start with a number of people, from elite athletes to active older people, talking about their attitudes to exercise and the way that this has affected their own health.

#### **Tony Bevis**

Health means feeling good about yourself. there are no specific targets I don't think for health. I mean you, you look at magazines, people do and they say right I would like a body like that. It's not applicable to the each individual because each individual is is different, they are unique in their own right. And I think health is feeling good about yourself. It's not feeling physically uncomfortable when for instance you bend over and tie your shoe laces or, or whatever it is. It's getting up in the morning and feeling happy and feeling bright. To do this however you have to go and have a certain disciplines. And is one of those disciplines is to go and take latent exercise.

You've got to look at yourself and you've got to say now this is my present body shape. What can I do with what I've got? What can I tone up here? What can I lose? What can I firm up? And then be a realist to actually work within bounds of moderation and common sense to actually achieve those ends.

If for instance every man wants to look like a Schwarzenegger, forget it! You're just aiming for pie in the sky. And the same goes for the girls with the images they want to do.

#### **Jean Bell**

Me, meself, I think I'm good for my age. Apart from the weight that I've put on because I don't think I eat properly. I think that's my problem.

But when I compare myself with some people that, do not exercise and if you notice, one or two in the, in the hall in a minute, you'll see what they do. I think you'll agree with me.

To be honest I dread getting old (chuckles).

#### **Tamara King**

It means that I can cope with everyday life far easier than I could if I wasn't fit and healthy. And also at the minute I've just spent two months recovering from flu, so I'm really feeling now that I need to get myself back into stuff.

I feel very lethargic and walking up a flight of stairs and I'm out of breath so you realise how much you had when you've lost it.

During the day I have to walk up and down a lot of stairs and I do a lot of stuff. And also I've always done some exercise from being little. Because I've danced from being four. So it's also very much ingrained in my lifestyle. I have to exercise at least once a day.

#### **Richard Neuraker**

I think my sense of identity is very much tied in with my competitive running. I'm aware of that, that I think of myself and people think of me as a runner and not just as a as a fun runner but somebody who takes running very seriously and has got very serious goals that I want to achieve. So, when the day comes that I I'm no longer involved in competitive running then I'm aware that that identity will change

#### **Edward Liam**

In, er September ninety one, I had a stroke down this side. And then December ninety three I had er heart bypass times five. And well I were really, in a really bad condition before I had me heart condition. Could hardly walk hundred yards without breathing. And er me I used to

be like this you know with me hands, fingers hardly move me left hands, me left side, me – or me leg. It's still, heavy now but since we've done this exercise I'm really benefiting by it. In fact I'm getting younger! I can run