

# My birthday challenge

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Paul talks about some of the physical challenges he's set himself for 2010...

When my birthday comes around, I always think it's a time of reflection. Not too different from setting New Year resolutions for the coming year. The only real difference is I tend to think about the past on my birthday and what I've achieved.

This year, on a lot of levels, my life is in a state of 'reinvention'. I'm ready for a challenge. So as my 48<sup>th</sup> birthday draws near, I've decided in my new role as Pathways northern healthy lifestyle co-ordinator, to 'walk the walk' and become a good deal healthier than I currently am! I look forward to achieving something special for myself, whilst at the same time motivating others to achieve their own goals too.

In order to do this, I first needed to take stock of my physical situation by visiting my general practitioner. I wanted to determine my current level of fitness.

I discovered that my heart's age is 53, when ideally it should be 48. I weigh 85 kilograms, when ideally I should be 70 kilograms. My body mass index (BMI), is 31...which is considered obese, ideally it should be a healthy 25. I'm a bit low on the good cholesterol and high on the bad cholesterol, although I'm told that isn't quite as bad as it sounds. Thankfully my blood pressure is at its ideal of 120/80.

At 48, I'm overall in reasonable shape. I've never smoked and believe I have a young outlook. Although being considered 'obese' is very disappointing. I'd never have thought I could be described as obese! That makes me more determined to do something about it.

After all, without some work to this body of mine, I don't believe I'd currently pass my warrant of fitness. So I have a good reason for starting this journey.

This is the only body I'll ever have, so it's got to last at least another 40 years! It's time I make my body look more like the sports car I see in my head – instead of the bus I think I currently am.

I'd like to achieve my ideal figures within six months. That means I'll be looking good and feeling much healthier by the start of November 2010.

During this time I aim to take part in the Auckland half marathon, as well as local sporting events through Pathways. I'll email regular monthly updates for anyone who might be interested in my progress. Maybe it will inspire others to do the same. If I can do it, anyone can! Should anyone wish to join me in this challenge, or offer words of encouragement, feel free to contact me at [paul.emery@pathways.co.nz](mailto:paul.emery@pathways.co.nz).

