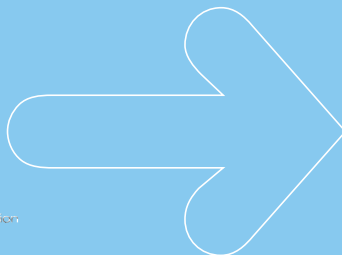


healthy life +

healthy + life

 **acon**
community. health and action



healthy + life

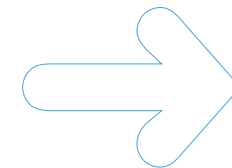
introduction

This booklet has been designed to provide some basic information and ideas for gay men living with HIV who want to live healthier lives. Having a good CD4 and viral load result doesn't always mean that people feel a whole lot better, or have the quality of life they want. This booklet contains information about eating well, joining a gym, exercise, and managing stress. These elements can make a difference between just doing well with HIV and actually feeling healthy. There is also some information about treatments, drugs and complementary therapies.

The availability of effective HIV medication has enabled most people living with HIV in Australia to benefit from generally healthier and longer lives. People living with HIV are making decisions about the kind of life they want to live as well as lifestyle choices. ACON is committed to a holistic approach to the health and quality of life of HIV positive people. If you would like details about joining a gym program for positive gay men, information about gyms in your area, or ways to lead a healthier lifestyle, please contact us.

I'm sure you'll find this booklet useful.

Stevie Clayton,
Chief Executive Officer



		CONTENTS
	Introduction	1
1	Goal Setting	2
2	Exercise and HIV	5
3	Working Out	8
4	Nutrition, Diet and HIV	17
5	Body Image	25
6	Stress	30
7	Looking after your Health	33
8	Resources	38
	Appendix — Nutrition Tables	40

ISBN 1-86356-022-X March 2002



AIDS Council of NSW

Street Address: 9 Commonwealth Street
Darlinghurst NSW 2001-12-06

Mail: PO Box 350 Darlinghurst NSW 1300

Ph: (02) 9206 2000 Facsimile: (02) 9206 2069

TTY: (02) 9283 2088 Freecall: 1800 063 060

Web site: www.acon.org.au Email: acon@acon.org.au

ABN: 84 633 910 355 CFN: 15214

1

chapter one

goal setting

1.1 Personal goals are good

So a healthy life appeals to you and you found this neat book, now what? We hope that you are reading this because you are keen to make some positive changes or improvements to your state of wellbeing. You may be asking yourself where do I start? One of the best ways of moving on from having HIV, which can take all our time and energy, to living with HIV, is by making some positive decisions about your future and setting some goals.

Goals help us set markers for achievement. Positive people today have all sorts of options. We all need to set some goals about what we are going to do with our lives for the next week, next month, next year, and even into old age.

1.2 Make your goals realistic

Big goals can be difficult to measure and sometimes they are so large that we don't know where to start. One good thing you can do is defining your goals. You may want to be fitter, put on more weight, or just improve your shape. If your goals are not defined enough, you won't achieve them. Goals should also be something that you 'want'. Don't set yourself up to fail. Set a goal that you can realistically achieve in about six weeks – and reward yourself when you achieve it.

Goals like being fitter need to be more defined to something like wanting to be able to swim a set distance without stopping, or gaining a specific weight. Goals can be about how you feel or they can be about physical changes. If your goals are all long term or broad and undefined it can be useful to break them down into smaller definable sub goals.

Do not worry if there are many smaller sub goals. You do not need to achieve them all over night. In fact you do not have to work on them all at once. Just select those sub goals that are important to you.



1.3 Work out what is most likely to improve your quality of life

Many times we get trapped into setting goals because other people expect things of us, and our desire to please our family and friends may see us setting goals that help them but that are not so good for us. One important consideration is to look out for the goals that will improve our quality of life. Do not worry if there are a lot of them. Instead you can prioritise what is important for you.

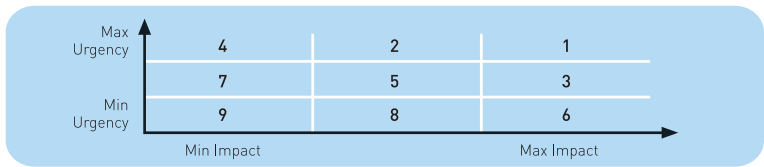
1.4 Prioritising your goals

While you may not have many overall goals, once broken down to smaller, achievable goals, there can be too many. Acting on all of them can seem daunting and it is difficult to know where to start. While all of your goals will have merit for you, some will be more important than others.

You will need to decide which are the ones that are important to you right now and which ones will have the most impact on your quality of life over time. The next graph helps you determine these effects and prioritise the goals that are right for you at this time.

exercise and HIV

It allows you to rank your goals from the number 1 priority goals, for those that have an urgency about them and that carry the maximum impact for you, right down to those with the least impact level of 9. Remember that your priorities will change and you should review this list regularly.



1.5 Where to go if you can't work out what you want

If you are feeling really swamped and unsure where to start, remember you don't have to do this alone. Talk it over with a friend or find a counsellor. Many counsellors are available free by way of a referral from your doctor or through ACON. There are also other projects that can help you such as the Positive Employment Project, Reconstruction and HIV Living; the PLWHA Contacts booklet is a good place to start looking for services in your area.



2.1 Exercise & the Immune System

Regular exercise is very helpful in maintaining muscle bulk as well as improving well being. Moderate exercise can help the body learn to become more efficient at carrying out daily tasks like breathing, digestion, and blood circulation. Your body can work smarter - but it has to be trained. Your immune system then has a stronger partner to fight HIV infection.

HIV places extra demands on you. It destroys T Lymphocytes in the blood - we call them T cells, the good guys in your immune system. Very rigorous exercise may also impair your body's immune function. However moderate regular exercise can make the body more efficient at storing and using Glutamine which can fuel the production of these same Lymphocytes.

Some studies show CD4 counts improve after starting a moderate exercise program. However, CD4 counts vary for many reasons - even the time of day they were taken. Your CD4 count or viral load test is not a measure of the success of your exercise program.

2.2 Two types of Exercise

Resistance Exercise — Weight training

It strengthens muscle and builds muscle tissue. The more muscle mass you have, the more Glutamine is stored for when you are under stress.

Aerobic Exercise — Cardiovascular exercise

Strengthens the heart and lung muscles. A stronger heart and lungs will last longer, speed up recovery, and help your body fight infections. Walking, running, and swimming are good examples of cardiovascular exercise. Too much aerobic exercise can lead to muscle shrinkage.

2.3 Muscle Wasting, Weight Loss and Exercise

Muscle wasting is a common side effect from HIV related illness and medications — it affects your health and can impact on your self-confidence. If you have experienced severe weight loss, starting an exercise program may be detrimental if done incorrectly. Discuss it with your doctor or healthcare worker.

When you work out, your shape will change, and you may look leaner but you will weigh more because muscle is heavier than fat. These changes take time as your body is adjusting to the new stresses of physical exercise, so do not expect much change in the first few weeks.

If you start to lose size and weight after you begin an exercise program it could mean you are not getting enough energy (see 4.2). A good way of checking this is to regularly measure the circumference around your thigh. It contains two thirds of your body's muscle mass. If it starts to shrink you need to take in more calories — eat more or use meal replacement drinks as a quick way to increase calorie intake. (see 4.8)

2.4 Lipodystrophy

Lipodystrophy is a condition where HIV treatments cause a change in body fat. Some treatments are thought to strip fat from the face and limbs while others cause fat to accumulate around the stomach and back of the neck. Little is known why, and there is no cure. Some research suggests that treating with testosterone may decrease the physical symptoms. Aerobic exercise can be helpful in reducing the physical symptoms of fat increases. Weight training can increase your muscle size and therefore your apparent body mass. Special diets can also help (see chapter 4). It is important that you see your doctor if you are concerned about any changes in your physical appearance that you think may be lipodystrophy.

2.5 Mental Health and Exercise

Regular exercise can help reduce anxiety, stress and depression as it produces hormones called Endorphins. These produce a 'natural high' which is why you feel great after physical activity like dancing or working out.

Another benefit of exercise is the feeling of 'taking control'. You are doing something more than just taking pills to combat HIV or letting the virus take its course. Taking control can improve your self-esteem, and when you see a positive change in your body shape, you will begin to feel better about yourself.



If you have trouble filling your days, or if you tend to not leave the house much, regular exercise can give your life structure. The more time you spend focusing on improving your health, the less time you spend worrying about negatives.

2.6 Social Benefit of Exercise

A new hobby makes it easier to think 'positive' and meet others. Exercising at a gym is a great space to meet other people. You will get to know faces, and you should enjoy going. If it is a chore or if it stresses you out, change and do something else. There are groups of organised gay and lesbian sports, like tennis and volleyball, which are great alternatives to the gym.

3

chapter three

working out

3.1 Exercise Goals

When you are setting your goals, make sure you are being realistic. Not all of us can have the physique of an action hero or the fitness level of an Olympic runner. Too often we set goals for ourselves that cannot possibly be achieved. Don't set yourself up to fail. Set a goal that you can achieve – and reward yourself when you achieve it. Good goals to set are ones you can visualise and measure. Goals should be something that you 'want'. Every time you complete a workout you are one step closer to reaching your goals.

3.2 What goes into an Exercise Program?

How much and what type of exercise you do depends on your goal, and your current state of health. Everybody should do some exercise at least three times a week for a minimum of 30 minutes at a time.

Decide what you want to improve, and what your goals are. Exercise can be done at home, in a gym or through a program devised by a hospital physiotherapist. Your doctor will need to make an appointment with the hospital physiotherapy department and there may be a waiting period for this service. Wherever you decide to do your exercises you will need to learn how to use any equipment and how to do the exercises. You may like to keep a diary of your progress.

Weight training is not the only exercise to consider and it can do more than build muscle. Depending on how it is done you can use it to slim down as well as build up.

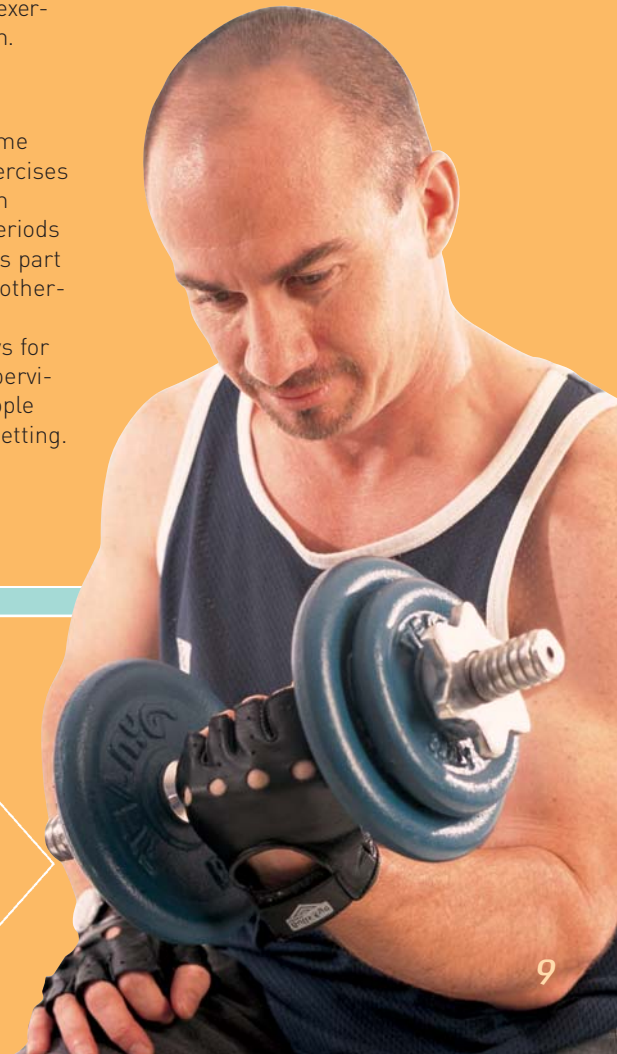
As you work out the exercise program that is best for you, think about these points:

- Consider changing your exercise program regularly to keep it interesting, about every six to eight weeks.
- Most exercise programs aim to gradually improve your strength and body condition.
- Depending on your health your program should be a combination of cardio vascular exercise and weights to improve muscle mass.
- Factor in any exercise you do like walking to work, as well as the planned exercises.
- Muscles take about 48 hours to fully recuperate so its best to leave a day between exercising the same body part.

Your exercise program needs to be well balanced; covering all body parts and should be able to be done in eight to fifteen different exercises. There are many excellent books you can get that tell you how to do weight training exercises and what body parts they work on.

3.3 Home vs Gym

Where you work out is up to you. Home gyms give you a limited variety of exercises and you work alone. At home you can break it up into shorter 10-minute periods and you can use household chores as part of your exercise. Some hospital physiotherapy departments have small gyms attached and some have specific days for positive people to exercise under supervision. You can meet other positive people and experience exercise in a social setting.



A commercial gym offers the largest variety of equipment and a social environment but it can be intimidating if you are new to working out. If you have a training partner it can make turning up for the work out more motivational. You can also get beneficial exercise through organised sports and there are many gay friendly ones to choose from. A good place to start is Team Sydney who provide representation, coordination of activities, services and information on community sports groups throughout NSW (see chapter 8).

Whatever you decide, it needs to be fun.
You only have to take it regularly, not seriously.

3.4 Starting out

If you are not well or have not worked out before, talk to your doctor and explain what you are going to do. Chances are they will be delighted you want to start this and will make some suggestions about the limits you may need to set until you are over your illness and/or have built up some muscle.

3.5 Joining a gym

Some inner Sydney gyms have a high gay clientele, and may offer cheaper memberships for those with Health Care Cards or on the Pension. Many community and council run gyms also offer a low cost alternative.

Gyms usually have a set of structured fees ranging from a casual visit to memberships over 3, 6 or 12 months. Yearly memberships can often be paid on a monthly basis from your bank account or credit card. Most gyms also offer reduced rates if you are going to use them in off peak times. Hiring a personal trainer is a cost over and above your membership and can be between \$40.00 to \$50.00 per session.

The gym has friendly instructors who can create a program for you when you join. Don't be intimidated - they are there to help, and they do not want to see people in distress or injuring themselves. Explain what you want to improve, and what your goals are. Ask them to show you how to use the equipment, how to do the exercises. Importantly, let them know any injuries you have had. You may like to keep a diary of your progress.

It is up to you whether you disclose your status to the gym staff - being HIV positive should not affect your ability to do anything in the gym unless you have an injury or condition that exercise can complicate. If this could be you, speak to your doctor first.



3.6 Your first Program

Terminology can be confusing. The most common terms you will come across are reps and sets. A repetition, or rep, is one exercise motion. For example, one bench press from raised position down to the chest and back to the raised position, is one rep. Two squats are two reps, and so on. Performing several reps continuously before taking a break is called a set. It is generally recommended that you choose three different exercises for each body part, performing three sets for about 10 repetitions.

Weight training can be used for slimming down, strength or bulking up. The difference is in the amount of weight used and number of reps carried out. As a general rule toning or weight reduction should be done with light weights and high reps over more sets. If you want this sort of result then consider working 6 sets of 12 to 20 reps at lighter weights. Think also about doing cardiovascular activities like bike riding and stair climbing.

Strength and endurance uses a heavier weight and less reps and sets. Consider working 4 sets of 8 to 12 reps. Finally for bulking up you should use a heavy weight and very few reps and sets. Consider working 3 sets of 6 to 8 reps.

Create a start, middle and end to your workout, and aim to do it at least three times a week for a total of about an hour each time. The warm up and warm downs should include some stretching and aerobic activity to elevate the heart rate and then slow it down again at the end. Whether in the gym or at home, make your exercise time count.

- Warmup 15 mins
- Workout 40 mins
- Warmdown 5 mins

If you start going to the gym two days in a row you must rotate the body parts you work on. Do not work on the same body part two days in a row if you are trying to build muscle - you need to rest it. This is because it takes about 48 hours for the muscle to fully recover from exercise. During exercise you have literally pulled the tissues in your muscles apart. It is the microscopic scar tissue that forms when the muscles mend that gives you the additional mass. You could, for example split your weight workout into upper body one day (arms, shoulders, chest), then lower body the next (legs, butt). Your instructor will help you work out the best routine for you and your body type.

3.7 The Warmup

Treadmill, bike, rower, stepper, walking, jogging, rollerblading, aerobics.

You need to start with some cardio exercise like walking on the treadmill. This gets your heart pumping and your blood flow happening fast because the legs are the biggest muscle groups. Aim to walk on the treadmill for about 15 minutes - (at the start this also gives you a chance to watch others and learn how the gym works). Start at an easy pace and gradually increase the pace each day. At the start you should aim to elevate your heart rate to 50% of its maximum rate. You can estimate your maximum by subtracting your age from 220 (See also the heart rate chart on page 13). You may feel warm and have tiny beads of sweat on your brow at the end of your warm up.

You could also do this exercise prior to the gym by walking to the gym, running or cycling, but the same rules apply. You should try to sustain an increased heart rate for 15 minutes continuously.

Age	50%	60%	70%	80%
16-20	101	121	142	162
21-25	99	118	138	158
26-30	96	115	135	154
31-35	94	112	131	150
36-40	91	109	128	146
41-45	89	106	124	142
46-50	86	103	121	138
51-55	84	100	117	134
56-60	81	97	114	130
61-65	79	94	110	126
66-70	76	91	107	122
71-75	74	88	103	118
76-80	71	85	100	114

Heart Rate Chart.

The numbers on the chart are in beats per minute (bpm). When exercising, you should only measure your heart rate for 10 seconds, as it begins to drop very quickly. Multiply your ten seconds count by 6 to get the beats per minute (Example: 19 beats in 10 seconds equals 114 bpm)

3.8 The Workout

After your warmup do weights for about 40 minutes. In this booklet we have concentrated on weight training to build muscles. If this is your goal you should aim to improve one body part at a time. Exercises and equipment will vary between gyms. Some machines resemble torture racks so definitely ask one of the staff how to use them before you get into it. When doing weights you must get your technique correct before you start lifting heavy weight. Concentrating on the quality of the movement will reward you with tremendous gains.

So if you wanted bigger legs you would do three different leg exercises, doing each exercise in 3 sets of 6-8 reps, with a break in between each set to catch your breath. Do not throw the weights - the movement should be controlled and slow. If you are not having to strain in the last couple on each set you need to put the weight up next time.

When you become more confident with your form, increase the weight so that the last rep of your last set is almost impossible to perform properly. This is called going to failure. Carry a small towel to keep the gym equipment free of sweat - it's good hygiene.

Three different exercises done for three sets of 6 - 8 reps is good for gaining bulk but your individual needs and any pre existing conditions will dictate what exercises are right for you. Always check with your doctor, a fitness instructor or a physiotherapist if you are unsure what to do.

If you don't like weights you could do an aerobics step class to work out your legs. If you are not in a gym you could also do squats holding on to paint tins or other heavy objects. Short sprints, swimming or cycling are also good.

3.9 Warmdown

After your weights do a simple exercise like sit ups to warm down. Take your time, do some stretches that will stretch out the body parts you have worked. Finally, have a warm shower - you should feel great! Have a good nights sleep and look forward to your next work out.

3.10 Stretching

It is always important to stretch your muscles after working out. As you have been working your muscles they have built up lactic acid and gentle stretching will help remove this from the muscle area. This also helps reduce any soreness that you may feel after working out.

3.11 Rest and Sleep

Muscles only grow when you are asleep - they don't grow in the gym. Rest is a vital part of exercise and the body needs to recover. You should increase your sleep time by the amount of time you spend working out. Most people need between 7 and 9 hours of sleep per night - try and give your body what it wants.

Many Personal Trainers and Nutrition Consultants suggest the following tips to help you get a good quality sleep.

1. Establish a regular sleeping pattern. Get up at about the same time every day. Try to go to bed at the same time, unless you're really tired. Also try some simple relaxation techniques (see chapter 6).
2. Exercise regularly, but not just before going to bed. Avoid any vigorous activity at least three hours before going to bed.
3. Caffeine (including cola), alcohol and smoking are all stimulants and should be avoided at least 6 hours before going to bed. If you need a late drink try warm milk or chamomile tea.

4. Reserve the bedroom for bed. Don't turn it into an office.

5. Establish a bedtime ritual such as a warm bath, listening to gentle music or snuggling up with a good book (but not something you won't be able to put down!).

6. Soak into sleep. Try a hot bath spiced with a few drops of lavender oil or bath salts. Epsom salts are also great for relieving muscle tension. If you don't have a bathtub try a footbath instead.

7. If you can't sleep don't just lie there worrying about it. Try listening to some relaxing music, read or try this simple relaxation technique: lie flat on your back, feet flopped out to the side and arms by the side. Breathe deeply. On the 'in' breath clench every muscle in your body, on the out breath relax, sink into the bed. Repeat this 6 times. Then return to normal breathing and tell each part of your body to relax.

3.12 Training Frequency

How often you train depends on your availability. If you're going to work or are frequently attending clinic then you will not be able to train as often as you might wish. Your energy levels and overall condition also affect training frequency.

Aim to workout between 3 and 5 times a week. Consider changing your gym program every six weeks to twelve weeks so that you keep challenging the muscles with different exercises and don't over train the same body parts. Over exercising is detrimental to your immune system as it can place too much strain on it.

3.13 Pain is Not Gain

If you feel a bit under the weather or a body part hurts — don't exercise. Pain is a warning signal — don't ignore it! There is a difference between soreness and pain. You will be fairly sore after your first workout — even into the second day after. So the first time you workout, swallow your pride and take it very easy.

Also, you may have side effects from your treatments and this can affect your ability to work out (see chapter 7: Looking after your health).

3.14 Routine building

Try to make gym part of your weekly routine otherwise you may not keep it up. Do it on the way to work, at lunch time, or on your way to a regular appointment. The next thing you know 3 months has passed, you have a different body and you feel great!

After a while exercise can get boring so:

- pick a gym or activity you like doing.
- write down your goals, make them achievable and keep a diary.
- tell your friends how you are going - they will notice the changes in you.
- build it into your social life - make an effort to meet others at the gym.
- arrange other activities around it - gym then nightly news.
- change your program regularly - with the help of an instructor.
- find a gym partner if you don't like going on your own - post a notice on the gym bulletin board or take a friend.
- don't feel guilty if you miss one day - but do go back.
- don't exercise if you feel unwell.

3.15 Health Insurance

If you have medical insurance you should check to see if you can claim some of your gym costs. Some health insurance companies reimburse equipment and fees associated with regular exercise within their 'extras' schemes. When you join a health fund you normally have to wait for 12 months before you can claim for any services you use for a pre-existing condition. That means you won't be able to claim back the cost of fees that are due to having HIV, or any other pre-existing illness, in the first year. If you earn more than \$50,000 a year then it may be in your best interests to take out insurance as you will be liable for an increased Medicare levy.



4

chapter four

nutrition, diet and HIV

4.1 Immune System and Nutrition

Eating well is important for all people, but it is especially important for people with HIV/AIDS. Poor nutrition is common for people with HIV and can lead to a cycle of weight loss. Poor nutrition leads to decreased immune function, causing more infections, resulting in poor food intake and digestion and therefore more weight loss.

Good nutrition has a beneficial effect on all aspects of mental, physical and spiritual well being. A healthy diet not only supplies the body with energy but also provides the building blocks for repairing damaged cells and tissue growth. Eating well improves your body's ability to fight illness and cope with stress.

It is impossible to make universal recommendations about nutritional needs due to the obvious differences and needs of people living with HIV/AIDS. This chapter gives you some basic information about nutrition but if you want or need further information about nutrition, talk to your GP or hospital based specialist about seeing a dietitian who will be able to discuss tailoring a diet to suit your own needs.

4.2 What are Nutrients?

Nutrients are the elements in food that your body needs to live: the proteins, fats, carbohydrates, vitamins and minerals. Proteins are the building blocks of your body and fats and carbohydrates provide energy. The different vitamins and minerals help put the building blocks in place and release the energy.

If you don't have enough fats and carbohydrates, the body turns to protein to get energy, robbing your muscles and immune system of the protein they need to keep themselves strong. Your muscles waste away and your immune system becomes weakened, leaving you open to infection.

4.3 What should I be eating?

Good nutrition includes a balance of protein, fats, carbohydrates, vitamins and minerals. No single food contains every nutrient you need. That is why eating a variety of foods is important.

Foods Important to Overall Health

- **Bread and cereals** are a good source of carbohydrate and fibre, especially the wholemeal and wholegrain varieties.
Try to eat at least 5 serves per day (see appendix for examples of serves)
- **Fruit and vegetables** are important sources of vitamins and minerals and fibre.
Try to eat at least 3 serves of fruit and 4 serves of vegetables per day (see appendix for examples of serves)
- **Dairy foods** are an excellent source of calcium, as well as B vitamins and zinc.
Try to eat at least 3 serves per day (see appendix for examples of serves)
- **Lean meat, poultry and fish** are the best sources of protein and iron
The oil found in fish helps to stimulate the immune system. Fish should be included at least once or twice a week. Try to have 2-3 serves of lean meat, poultry or fish per day (see appendix for examples of serves)
- **Legumes, nuts and seeds** are excellent sources of vitamin E and fibre (see appendix for examples of serves)

4.4 Choosing the right fats

Fats and oils are an essential part of a diet. Foods contain a combination of the three types of fats: Saturated, Polyunsaturated and Monounsaturated. All types of fat are high in calories that can cause weight gain if eaten in excess.

Saturated fats are found mostly in animal products. They can raise blood cholesterol levels, especially the LDL or 'bad' cholesterol. Saturated fats are found in full cream dairy products, fatty meats, pastries (eg. pies), butter and many takeaway foods.

Polyunsaturated fats help to lower the total blood cholesterol levels including the LDL or 'bad' cholesterol. There are two types of polyunsaturated fats, omega 3 and omega 6. Polyunsaturated fats can be found in fish, linseed, soy products, sunflower oil and nuts (eg walnuts) and seeds.

Monounsaturated fats may help to lower the LDL or 'bad' cholesterol levels and improve 'good' cholesterol if your diet is low in saturated fats. Monounsaturated fats can be found in olive oil, canola oil, some nuts(eg. peanuts & almonds), seeds and avocado.



4.5 Increasing or maintaining your appetite

Loss of appetite is common for people with HIV/AIDS. It can be caused by a number of things including treatments, fatigue, stress or an infection. It is important to consume enough calories and nutrients to avoid weight loss. Following are a few suggestions that may help to maintain your weight when your appetite is poor.

- Eat smaller amounts more frequently if you don't feel like having a large meal.
- Eat your favourite foods as often as you like.
- Add flavour to your meals by adding spices, herbs, sauces and condiments.
- Keep a supply of high calorie, high protein snack foods at home and/or work such as crackers, cheese and peanut butter.
- High calorie liquid foods or foods which don't take a lot of energy to chew or cook are useful when appetite is low. Try a meal in a glass like soup or smoothies.
- Try not to fill up on low calorie liquids before you eat.
- Keep easy to prepare foods on hand such as canned food and frozen meals.
- Relaxation techniques or talking with a counsellor may help to reduce stress, anxiety or depression. This may improve your appetite.

4.6 Vitamins and minerals

Vitamins and minerals are required in small amounts for many different normal body functions. They play an important role in the functioning of the immune system. The need to supplement your diet with vitamin and/or mineral formulas will very much depend on the quality of your diet.

A multivitamin/mineral preparation may be useful as a safety net to guard against any slight deficits in your intake or absorption. When choosing a multivitamin/mineral preparation, look for one that meets your Recommended Dietary Intake (RDI).

Although several studies have indicated that specific vitamin and mineral deficiencies may exist in people with HIV infection (eg. Vitamin A, B6, zinc), there is no indication that taking extra amounts of these compounds will have any beneficial effect. In fact, taking certain vitamin and/or minerals in large amounts can lead to detrimental toxicities, and/or limit the bodies ability to utilise other vitamins or minerals.

4.7 Fluids

Each day try and drink at least:

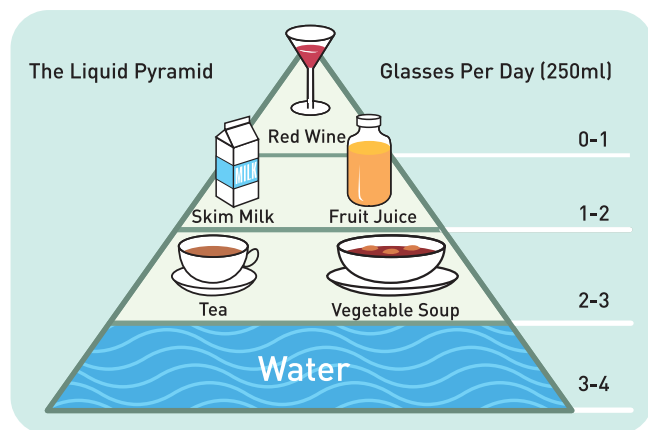
3 - 4 glasses of water.

You can also have up to:

2 - 3 serves of tea or a soup, and

1 - 2 glasses of milk or fruit juice, and

1 glass of alcohol can be beneficial.



Water is very important for body functioning. When you work out you need to drink water before, during and after exercise.

Treatments like the protease inhibitor Indinavir (Crixivan) can require you to drink up to three litres of water a day and exercise will also place extra demands on your kidneys. Not drinking enough water can result in the development of kidney stones for people on Indinavir. Drinking enough water is not always easy - arm yourself with a litre bottle of water each day and train yourself to drink it.

4.8 Nutritional supplements

Nutritional supplements are foods that can be used to increase the amounts of nutrients (protein, carbohydrates and fat) in your diet. This section covers the two most commonly used supplements, weight gain powders/drinks and complete nutritional supplements.

Weight gain powders and drinks

Weight gain powders and drinks are generally based on milk proteins, egg protein and/or soy protein. Sugar is added to improve the taste and fat is usually added in the form of oil to increase the calories. A multi vitamin/mineral and flavouring is also usually added. These sorts of powders and drinks are not usually 'complete'. That is you can not live on them alone.

Some of these supplements can be expensive. A more economical option is making your own. You can make a simple, effective weight gain powder at home by mixing 1 kg milk or skim milk powder, 1 cup sugar, and 1 cup powdered chocolate flavouring (or 1-2 drops of vanilla essence when adding water). To make up, add about half a cup of powder to 2 cups of water. Store the powder in an airtight container.

Complete nutritional supplements

These are the powders and drinks that can be got through pharmacies and hospitals. They are similar to weight gain powders and drinks except that under medical supervision, you can live on them alone. Complete nutritional supplements are a good idea if your appetite is poor as they provide the right balance of vitamins and minerals to meet your dietary needs. Your dietitian can recommend the right supplements for you.

4.9 Exercise and Eating.

To maximise the benefits of any exercise regimen it is essential that you eat appropriately. Your individual dietary needs will vary depending on the type of exercise you are doing, the frequency and duration of the exercise and the intensity to which you are performing the exercise. However, some of the basic principles are the same.

If you are beginning an exercise regimen it is important to realise that you will be burning more energy, so unless you are planning to lose weight (which should be done under the guidance of your doctor or a dietitian), you will need to eat more. This amount may vary from one extra snack per day, to 3-4 extra snacks with or without high protein shakes depending on type, frequency, duration and intensity of exercise. Remember though; no amount of protein shakes in the world is going to create a more muscular physique. A sensible diet and exercise regimen is also needed.

The goal of most exercise regimens, apart from the obvious benefits to health and fitness is to increase lean body mass, otherwise known as muscle. There are two main dietary considerations for anyone wanting to achieve this. Firstly, you need to be consuming enough protein to actually build muscle. Protein is made up of amino acids that are the building blocks for, a whole range of body components, including muscle. Without enough protein you will not gain muscle.

Secondly, you need to be consuming enough overall calories to provide your body with energy, and allow the protein you consume to be spared to build muscle. If your total calorie intake is not sufficient, your body will utilise the protein in your diet as energy. In an ideal world, we should all be consuming a diet low in fat, high in carbohydrate rich foods. This is not always easy particularly if your energy needs are high and/or your appetite is low. It may be necessary to increase the fat in your diet to meet your calorie requirements (see 4.4).

Pre exercise

The most important thing here is to make sure you have enough energy in your system to perform the exercise. It is no good exercising without enough fuel – you'll run out of gas half way through. A reasonable serve of carbohydrate rich food 1-4 hours before you exercise should be sufficient. If you are exercising first thing in the morning (and the thought of exercising with something in your stomach makes you feel sick) then make sure you have a high carbohydrate meal the night before.

Post exercise

The most important thing here is to replace the energy you have used during exercise. During exercise our muscles derive energy from glycogen stores. The rate at which we replace these stores after exercise determines how fast we recover from that exercise session, both in terms of fatigue and muscle soreness. The sooner you consume carbohydrates after exercise (which replenishes glycogen) the faster you will recover. The amount of carbohydrates you require will again depend on the type, duration and intensity of the exercise.

(See the appendix for examples of carbohydrate rich snacks)



4.10 Protein requirements

Protein is the building block of all muscles and organs like the lungs, heart and liver. It is also used by the immune system to maintain it in good working order. Your requirements will vary depending on a number of factors, such as: your weight, your stage of HIV infection, and your exercise regimen and exercise/nutrition goals.

Your protein intake should be spread out during the day to allow for a continual supply of amino acids to be available for muscle repair. As a rough guide you should be consuming between 1.5 and 2g of protein per kg of your body weight. Eg, if you are 70kg you should aim for 105 – 140g of protein per day (see appendix for examples).

4.11 Helpful hints for getting the best out of your food

- Eat plenty of fresh fruits and vegetables, of all kinds and varieties. Many nutritionists now stress that variety (the number of different types of food eaten) is one of the most crucial factors in a healthy diet.
- Make sure they are really fresh: buy things in season (it's also cheaper), and avoid buying wilted or faded looking greens, vegetables and fruits. Buy new or different fruits or vegetables each time you shop.
- Eat vegetables and fruits raw, or as close to raw as is practical. Over-cooking is the main culprit for reducing the nutrient content of food and over boiled vegetables look and taste dreary.

- Easy ways to eat fresh vegetables include light stir-frying (using an oil that can stand a high temperature, like sesame oil), sautéing, or steaming and adding flavour after (eg. through oil, garlic, or fresh sauces). For additional flavour and variety, prepare dishes with fresh herbs and spices eg. basil, parsley, coriander, garlic, ginger and chilli: these can be used in stir fries, sauces, pastas soups etc.

4.12 Budget Shopping

Following are some handy hints to make your shopping dollars go further.

- Shopping lists avoid waste and assist in buying only the things that you need.
- Compare prices when you shop. A supermarkets own brand is often cheaper.
- Convenience foods often cost a lot more than home made equivalents.
- Shop at a larger supermarket instead of a corner shop.
- Fruit and vegetables are usually fresher and cheaper at the local markets.
- Frozen vegetables and canned fruit are often a cheap and nutritious alternative to out of season vegetables
- Sliced bread keeps well in the freezer and is still easy to use.
- Less expensive cuts of meat are good for stews, curries and casseroles.
- You do not need to eat meat, fish or poultry every day. Alternate meals with lentils, beans, soy products and eggs.
- Tinned fish is nutritious and relatively cheap.
- A nutritious meal does not need to be a cooked meal. Try healthy sandwiches.
- Food co ops can be a cheap and easy way of buying fruit and vegetables.

Note: Damaged/dented cans or out of date foods may be sold cheaply. However, they may be a health risk. It's much safer to avoid them.



5

chapter five

body image

5.1 Image is all

It is easy to over exercise as society constantly bombards us with messages about the body beautiful. Exercise can be addictive and many top athletes experience this. Some gay men also experience this. Gay men often have amazing bodies because they work really hard at it – remember if you are not an athlete you don't need to have rippling muscles – you are you.

If you are reading this with some ideas of what you want to become and it involves changing the way you look, then set out to do this in small steps. Be realistic with your goals. Too often we set goals that can not be achieved. By doing so we set ourselves up to fail and then get angry with ourselves. (see chapter 1)

5.2 Diversity

The images of people we see in the media is not always consistent with what we know of our own bodies, our friend's or the bodies of people who live around us. When you think about the body that you would like to have and compare this to what you see in the mirror, the body reflected back can seem to be lacking. Do not despair.

While a lot of gay men conform to certain types that might be popular, these types change over time and people are attracted to bodies beyond the range portrayed in the media. A tour through a sex shop will provide magazines aimed at the discerning reader interested in many types of images of men and women not currently popular in our general media.

5.3 Desire

Among the bodies out there will be some that are more attractive to you than others. You may also have a preferred body type that you would like to have. There is often a difference between who you want as a partner and who you are or want to be.

Sometimes people feel that they have lost all their sexual appeal. If you are in this position try not to rely on dieting, exercising, and dressing a certain way to determine your self-worth. Instead, focus on the parts of you that you like or that people have complimented you on.

5.4 What you want is not always what you get

You can make some changes but not all changes are possible. Human bodies come in three basic types; the endomorph, characterised by the presence of bodyfat has trouble losing weight but generally gains muscle easily.; the mesomorph, usually marked by well-developed muscles, grows muscle quickly; and the ectomorph, distinguished by a lack of either much fat or muscle tissue, has trouble gaining weight and muscle growth takes longer.



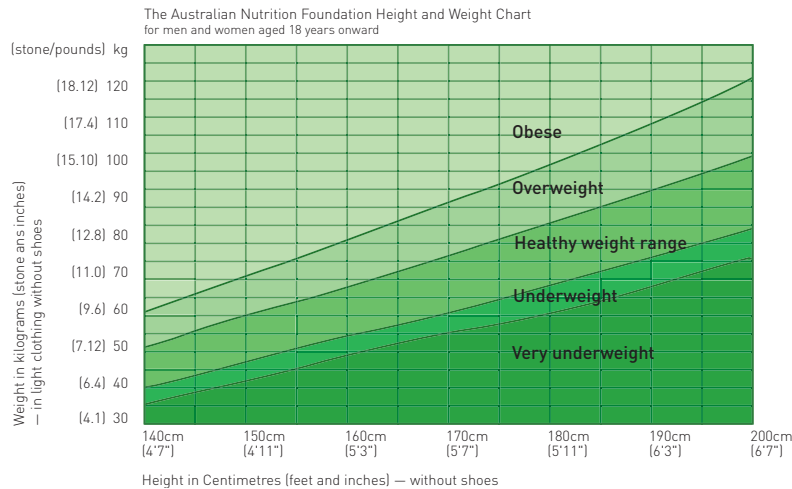
Whatever your body type, it will dictate how many changes you can make. Your self-esteem may improve when you see a positive change in your body shape, but be kind to yourself and set realistic goals around your self-image. If you can't change your body; change your mind!

5.5 What weight should I be?

The height and weight chart on the next page lets you compare your current weight and height with the suggested ideal ranges for men and women in Australia. Do not worry if your weight is outside the healthy weight range. Not only can HIV have an impact on your weight but bone density and other factors can influence the outcome.

If the result on the graph is a surprise to you, your variance could be because of lipodystrophy or other HIV related causes. You could discuss the implications with your doctor or health care worker. The fact that you are reading this booklet and thinking about improving your health shows that you are moving in the right direction.

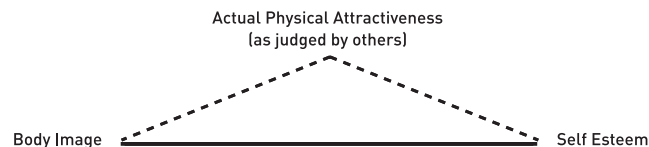
Height and weight chart



5.6 What does this all mean?

Body image is independent of physical characteristics. You can feel unattractive when actually you are really attractive. Since body image and self-esteem are perceptions, changing your body shape may not improve your body image or self-esteem unless these physical changes are accompanied by changed perceptions. IMPROVING BODY IMAGE INVOLVES CHANGING THE WAY YOU THINK ABOUT YOUR BODY. Changed perceptions must precede physical changes if these changes are to be made in a healthy way.

By looking at the diagram, you can see the weak connections between actual physical attractiveness, body image and self-esteem. But, there is a very strong connection between body image and self-esteem, these are the two elements you should be working on.



5.7 Positive Body Image

Here are some hints that can help you attain a positive body image:

- Learn to like yourself just as you are.
- Set realistic goals for yourself.
- Learn the basics of good nutrition and exercise and practice them.
- Expect normal weekly and monthly changes in weight and shape.
- Ask for support and encouragement from friends and family when life is stressful.
- Decide how you wish to spend your energy - pursuing the 'perfect body image' or enjoying family, friends, study and, most importantly, life.

...Remember the Three 'A's...

Attention — Refers to listening for and responding to internal cues (i.e., hunger and fatigue).

Appreciation — Refers to appreciating the pleasures your body can provide.

Acceptance — Refers to accepting what is - instead of longing for what is not.

5.8 Working out

To test your motives for working out some therapists suggest you ask the following questions; are you contemplating working out because you feel like you're not big enough and that your body is not as well defined as it may be? If you're not feeling a sense of satisfaction, enjoyment or accomplishment from your workouts, you may be trying to obtain self worth at the gym.

If you find it difficult to accept a compliment about your body or your eating patterns are based on how you think you look instead of on a proper diet, you may be measuring your worth against your appearance.

If you find yourself facing any of these issues, the first step is to slow down and take a look within yourself. A preoccupation with your body is really not about looking perfect; it's about trying to compensate for a lack of self-esteem and self worth. That needs to be acknowledged first. Then, you need to view your physical regimen or gym routine as a source of recreation, fun, and as a source of feeling good about being healthy and in shape.

Ultimately, it's about acknowledging your qualities as a person - your accomplishments, good intentions and good heart. You can't find that in a gym.



6

chapter six

stress

6.1 Stress and the Immune System

Stress is a potentially damaging force, which stimulates an immune reaction. It can occur in response to perceived or subconscious danger, or to changes happening to or about you. It stimulates all senses. When stress gets too much it turns to distress and this affects your physical and mental well being. Alcohol and drugs can make us forget the stress temporarily, but the stress is still there when the effect has worn off.

Stress affects the body's immune system and can lead to susceptibility to disease progression. It also maybe linked to heart disease and cancer. If you are coping well you should have:

- an alert and creative mind.
- a keen memory.
- a spectrum of emotions and feelings.
- easy and painless body cycles such as appetite, going to the toilet and sleep.

Living with HIV is stressful; and we sometimes forget this. Stress can manifest in a number of ways;

- It could be that you are sleepless, short tempered, have mood swings, have headaches and migraines, or drink or smoke more than usual.
- Perhaps you sweat, stammer, become miserable and depressed, have muscle cramps, lower back and neck aches, get butterflies in your stomach or sweaty palms.
- It also shows when you cut yourself off from your friends, have difficulty making decisions, have memory lapses or changes in appetite.
- You can also feel tired all the time, out of sorts, have nightmares, blurred vision, heartburn and indigestion, acne, diarrhoea, or just simply feel overwhelmed.



6.2 Stress Strategies

Learning to manage the effects of stress and developing strategies to cope is vital. It is important for you to develop self-awareness and recognise when your stress turns to distress. Remember that others may be able to see the effects of stress on you, but they can't feel it. Only you can bring about the changes to reduce stress.

Plan to set aside some uninterrupted time and space every day for relaxation (say 10 minutes). You need to find something that you really enjoy; reading, meditation, sitting in a garden, creative visualisation, listening to a relaxation tape - until your mind is clear.

To combat stress:

- Take time out to define what stresses you out.
- Assess what you are able to cope with.
- Attempt to relieve the stress. If it fails try something new.
- Don't tackle too much at once.
- Keep fit through exercise, eat well, reduce sugar, salt, alcohol and saturated fats — a poor diet can affect your mental well being.
- Rest when you feel tired, and make sure your bed is a comfortable space (see 3.11: Rest)
- Say what you think, talk and share your concerns.
- Be assertive and say 'no' to unreasonable requests. You are more important than your job or relationships.
- Find someone who can listen to you impartially, and then let rip — it is proven to be good for you.
- It's pointless listening to friends who want you to do things you are not up to doing — it only adds to your stress.

6.3 Muscle Relaxing

Progressive muscle relaxation is a good technique. Tense, hold, and then release each major muscle from your head to your toes for about ten seconds each. This is an effective way to relieve stress.

6.4 Visualising

If you have a mind that seems to be in over drive, try visualising a blank blue screen, or picture a scene/place that is calming to you. Do this for a minute. Remember your brain needs down time too.

Another effective relaxation technique combines both muscle relaxation and visualisation. Lie down in a quiet room and relax. Start your visualising by picturing all the stress and bad energy moving out from your brain and flowing out to your extremities. Feel it leaving your head and flowing down the neck.

Imagine that as it goes through the neck it collects the soreness stored there and it moves out through your arms or down your body and out through your toes. Continue visualising all these stresses and tensions and follow them as they flow out of every part of your body. After they are gone, lie quietly for a few minutes before getting up.

Some meditation and relaxation tapes will guide you through similar relaxation techniques.

6.5 Breathing

Deep breathing exercises can also calm you and help you relax. Start by breathing in for four seconds, then release for four seconds. Do this for a whole minute.

6.6 Comedies

Watching comedies and having a laugh are good ways of reducing stress because they release endorphins. These are the bodies natural painkillers.

6.7 Massage

If you have never had one, try it! Massage feels good. If you like it, plan to have one regularly – every week or fortnight. It doesn't have to be a registered therapist; you can practice with a friend. Many positive living centres offer cheap or free massage services or ACON can refer you.

6.8 Complementary Therapies

Many complementary therapies work for relaxation, but some can be costly. Here are some that people have found work for them:

**Aromatherapy • Bach flower remedies • Hypnotherapy • Massage
Meditation • Reiki • Traditional Chinese Medicine • Yoga**

Stress can lead to anxiety or depression. If you are not able to relieve your stress talk to your doctor or health worker and seek professional help before it takes a bigger toll.

chapter seven

looking after your health

7.1 HIV Treatments

HIV treatments can give you the energy to do what you used to do; but your body and life may have gone through major changes since your positive diagnosis. Try to set reasonable goals not only in exercise, but also with work, and your social life.

One way to feel in control of your virus is to find out what you can about the medical options available to you. Not everyone with HIV wants to spend time reading articles about drug treatments and discussing them with friends. You may prefer to rely on your doctor for the information. Being in control also means doing what suits you, and that goes for every area of your life.

If you are treating, take your pills regularly as directed by your doctor. HIV can start multiplying in one in five people after missing just 5% of their pills. If HIV multiplies it can mutate and become resistant to your combination – then your future treatment options are restricted. Remembering to take your pills is not always easy. While the pills are not a cure, they are part of your daily routine to maintain your good health.

Forgetting is the most common reason for not taking pills. If you have forgotten to take your pills on time, take them late – unless it's close to the time for your next dose. Doubling the dose is not helpful. Check with your doctor about your combination. Having a constant level of drug in your body is the most effective way for the medication to stop the virus reproducing.

If you want to become more involved in making treatment decisions for yourself, there are various newsletters, books and directories you may find useful (see chapter 8: Resources).

7.2 Diarrhoea

Diarrhoea can be caused by HIV medications but it can also occur for other reasons such as fatty foods, lactose intolerance and insoluble fibres (mostly

skins and seeds of fruits, vegetables and whole grains). Diarrhoea will cause you to lose water and can make you dehydrated. If you are dehydrated you may see a decrease in the amount of urine made, darkening of the urine and your skin may become dry, pale and lacking elasticity. Water, fruit juice, lemonade and Lucozade are all good ways of rehydrating.

Although often used for constipation, products like Metamucil can help by increasing the consistency of your stool. Regular doses of Lomotil and Imodium can slow down the stools' transit time in the gut. Consult with your doctor or dietitian for appropriate medications and methods of control for you.

7.3 Nausea

HIV medication can make you feel a bit too queasy to do a work out immediately after taking them, so plan your work out times with these and any other side effects you may have in mind. Take Stemetil (anti nausea treatment) with your pills to prevent nausea before it appears – don't take them after you feel it. Nibbling on dry crackers can also help reduce nausea.

Nausea can make eating hard. Cold foods are often easier to stomach because they don't have a strong smell. Your taste buds may be affected by your treatments so sauces and flavours may make food fun again. Hunger will prolong nausea. Try to eat small and frequently.

7.4 Peripheral Neuropathy

If you have peripheral neuropathy – tingling and numbness in your toes and fingers – exercise may feel very unusual and can be difficult. While it may bring about an improvement in your condition – it may do the reverse. It is important that you tell your doctor if you are experiencing neuropathy. Untreated it can lead to permanent disability.

7.5 Sexually Transmitted Infections (STIs)

If you are having sex, consider getting tested for sexually transmitted infections regularly. Linking it to your viral load testing cycle could be one way of doing this. As a general rule of thumb the more partners you have the more often you should get tested. A sexual health centre or your GP can recommend how often you should get tested. It is possible for you to have an STI and show no symptoms, so testing is the only way to know. It is also possible to get or pass on STI's even though you use condoms.

Some doctors believe that some STI's may help HIV reproduce and infect cells, and other infections may themselves damage the immune system. Many infections are

likely to trigger HIV replication simply because they stimulate an immune system response. That immune response will include the activation of latent HIV in immune cells, leading to the production of new HIV and the infection of further cells. As a positive person an STI may be more severe and more difficult to treat than for negative people. It is also more likely to recur. STI's are best avoided so consider getting vaccinated for Hepatitis A and B. Your doctor can arrange this.

Infection with some STI's like gonorrhoea can dramatically increase the viral load in your semen. If you are someone who sometimes fucks without condoms, finding out if you have an STI and getting it treated is information you need to know. Getting rid of gonorrhoea will reduce the chance that someone else becomes HIV positive. Using condoms is still the best method of ensuring you do not pass the virus on.

7.6 Post Exposure Prophylaxis (PEP)

If you have unsafe sex with someone or share injecting equipment, you may have exposed them to HIV. If you think this may have happened there is now a treatment option available. PEP is a combination of at least two anti HIV drugs taken over a four-week period. While it does not guarantee prevention of HIV infection. Research suggests that PEP may decrease the chances of HIV transmission. People taking PEP experience the same range of side effects as positive people on treatment, like nausea, vomiting, headaches, and tiredness. These side effects can be treated with other drugs, but sticking to the routine is crucial.

PEP is most effective when taken immediately or within a couple of hours after exposure to HIV. The earlier your partner starts PEP the better. However PEP may still have some effect if taken within 72 hours of the incident. If you think HIV may have been transmitted seek medical advice as soon as possible. It's always better for your partner to get PEP prescribed rather than giving them some of your drugs. Your partner can get PEP from HIV treatment prescribing doctors, sexual health centres or hospital emergency wards. If you want to know more about PEP in NSW you can call the PEP hotline 1800 PEP NOW (1 800 737 667)

7.7 Complementary Therapies

Complimentary therapies are those which are considered to be outside the mainstream of conventional western medicine. While there are few clinical trials demonstrating the effectiveness of complementary therapies against HIV disease, some people find them helpful, particularly for the management of side effects. Complimentary therapies can also be costly. Some HIV positive people use complimentary therapies as well as their antiviral medication and others choose complimentary therapies instead of conventional medicine.

Commonly used complimentary therapies include:

- Acupuncture • Aromatherapy • Diet • Exercise • Herbalism • Chinese Medicine
- Homeopathy • Hypnotherapy • Massage

It is important that someone who has recognised qualifications administers them. Most of the above therapies have recognised professional organisations. AIDS Councils, GP's, hospitals and PLWHA centres are often able to refer people to reputable practitioners.

Complimentary therapies, like conventional medicine can be dangerous if not administered, used or practiced correctly, most importantly complementary therapies can have dangerous interactions with antiretroviral drugs. When considering changing or starting complimentary therapy it is useful to talk with a doctor to make sure that the therapy will 'compliment' your existing medication and not hinder it's effects.

Many complementary therapies are used as part of maintaining your health. They may relieve symptoms or help you cope with them. Get a copy of NAPWA's 'Complementary and Alternative Therapies' to find out more about the range of alternative therapies available:

7.8 Steroid use in HIV positive people

Low testosterone is the most common hormone deficiency in HIV infection. It is estimated that around 40% of those with symptomatic illness have a testosterone deficiency. Low testosterone can result in decreased appetite, poorer metabolism of protein and carbohydrates, lowered moods and decreased sex drive.

If you are experiencing weight loss and have low testosterone, replacing the testosterone by steroid injection will result in weight gain. If you are experiencing weight loss, talk to your doctor about testing your testosterone level.

Anabolic steroids are a synthetic form of the male hormone testosterone. They promote the growth of skeletal muscle and increase lean body mass. Anabolic steroids were first used by athletes seeking to improve performance as they can increase strength and enable the athlete to train longer and harder.

Administered by injection or taken orally, anabolic steroids are typically taken in cycles of weeks and months, not continuously. Some steroid use is illegal and although some positive people get them through their GP as part of medical trials, most of the ones for sale in gyms are usually veterinary products and not tested for human consumption. Effects of anabolic steroids can include jaundice (a yellowing of the skin, tissues and body fluids), fluid retention, high blood pressure, severe acne, aggressive mood swings and liver tumours. Additional side effects for men include shrinking testicles, baldness and the development of breasts.

7.9 Amino Acids and other over the counter fitness drugs

There are quite a few amino acid supplements available at gyms and body building stores, creatine is one of the more popular ones. Creatine (Creatine Monohydrate) is used to assist a person to bulk up at a faster rate than normal.

Creatine is normally obtained from the foods that we eat. Fish and meat are good sources of creatine. When dietary intake of creatine doesn't meet the body's needs, creatine can be obtained from amino acids.

Research has indicated that supplementing your diet with creatine may increase muscle growth. However, improvements in performance depend on a number of things including diet and training.

If you use creatine you need to use it cyclically and have a break on a regular basis. There is very little credible research on the long-term side effects of creatine simply because it has not been around long enough. One area of concern is the effect of large doses on the kidneys. If large doses are used, the kidneys need to work particularly hard to get rid of the substance.

7.10 Recreational Drugs

If you are on treatments including protease inhibitors (especially Ritonavir) and plan to take recreational drugs consider decreasing your intake of drugs like ecstasy and speed and monitoring their effect over a period of time as a good safety precaution. Ritonavir and possibly other protease inhibitors can increase the apparent potency of recreational drugs. The increased effect happens because there are only a limited number of enzymes available in the liver – your body uses them, then so does your treatments, and then so does the recreational drugs. The drugs stay in your system far longer than usual and are not carried out of the blood – so you can feel the effects longer and also the concentration stays high longer than normal. So the 'effect' can feel like it is multiplied.



8

chapter eight

resources

Books

Body Love: Learning to Like Our Looks and Ourselves. By Rita Freedman, Ph.D. (1990) New York: Harper & Row.

Complementary and Alternative Therapy Guide: A Guide for People Living with HIV/AIDS. National Association of People living With HIV/AIDS (February 1999) Sydney.

HIV Drug Book. By Colin Batrouney (1998) Sydney. Australian Federation of AIDS Organisations

HIV Tests and Treatments. AFAO/NAPWA Education Team (2001) Sydney Australian Federation of AIDS Organisations

Keys to the Inner Universe. By Bill Pearl, (1982) Bill Pearl Enterprises Inc

Taking Care of Yourself. (2000) Sydney Australian Federation of AIDS Organisations

The New Encyclopedia of Modern Body Building. By Arnold Schwarzenegger (1998) Simon & Schusker

Magazines

Positive Living: An 8 weekly magazine for People Living with HIV/AIDS. AFAO/NAPWA Education Team. PO Box 876, Darlinghurst, NSW 1300

Talkabout: A bi-monthly newsletter of People Living with HIV/AIDS NSW Inc. PO Box 831, Darlinghurst, NSW 1300

Web based information

AIDS Council Of NSW: www.acon.org.au

Australian Federation of AIDS Organisations: www.afao.org.au

OzPoz: an internet mailing list for gay men with HIV: www.ozpoz.org

Post Exposure Prophylaxis: www.wdp.nsw.gov.au/pepinformationssheet.pdf

The Body: An AIDS and HIV Information resource: www.thebody.com

AIDS Map: The site of the National AIDS Manual (NAM Publications) and the

British HIV Association: www.aidsmap.com

Team Sydney: Contacts for gay and lesbian sports groups in NSW: www.teamsydney.org.au

Medibolics: Using anabolic steroids, nutrition, and exercise in the fight against HIV. Sometimes controversial: <http://www.medibolics.com>
How to Perform Exercises Site: www.exrx.net/Lists/Directory

Acknowledgments

Stress is a lesbian issue: Parap Health Centre, PO Box 534 Parap NT 0804

Helen Penny; Gold's Gym, Cnr Pelican & Poplar Streets, Sydney. Phone: 041 143 1486

Fitness+: Camden & Islington Community Health Services, UK

Editorial Assistance

Andrew Klusman, Andrew Lough,
Daniel Maddeddu, Dennaie Brown,

John Zammit, Julian Archer, Kent Gryphon,
Marc Eisman, Mark Bebbington, Mark Kelly,
Megan Fifield, Pene Manolas, Richard Knight.

Text

Graham Norton

Design

Richard Hughes; Richard Hughes Design



appendix – nutrition tables

1. Breads and Cereals

Try to eat at least 5 serves per day

1. Breads and Cereals

1 slice bread	½ cup cooked rice
½ large roll	1 cup cooked pasta
1 small roll	1 cup breakfast cereal
4-5 crispbreads	½ cup cooked porridge
1 muffin/scone	2 weetbix/vitabrits

2. Fruit and Vegetables

Try to eat at least 3 serves of fruit and 4 serves of vegetables per day

1 Serving of Fruit

1 medium sized fruit (apple, orange, banana, pear, peach)
3 small sized fruit (apricot, plums, Kiwi fruit)
¼ medium sized melon (rockmelon, honeydew)
4-6 pieces of dried fruit

1 Serving of Vegetables

1 medium potato, parsnip, 1/2 medium sweet potato
½ cup cabbage, spinach, broccoli, cauliflower
½ cup carrot or pumpkin
½ cup beans, peas, mushroom, lettuce, tomato, and corn

3. Dairy Foods

Try to eat at least 3 serves per day

1 Serving of Dairy products

1 glass of milk (250 ml low fat, whole or skim milk)
1 glass of calcium fortified soy milk
40 grams cheese
200g yoghurt (Plain or fruit flavoured)

4. Lean meat, poultry and fish

Try to have 2-3 serves of lean meat, poultry or fish per day

1 Serving of Meat products

100g lean beef, pork or lamb
100g fish, seafood or poultry
2 small or 1 large lamb chop
2 eggs

5. Legumes, nuts and seeds

1 Serving of Legumes

¾ cup cooked dried beans
¾ cup cooked lentils
¾ cup cooked chick peas

6. Examples of carbohydrate rich snacks

- 3 rice cakes with jam or honey
- 2 crumpets or English muffins with vegemite
- cup of thick vegetable soup with large bread roll
- jaffle/toasted sandwich with banana filling (using whole banana)
- 115g(1 large or 2 small) cake style muffin, fruit bun or scones
- 330g creamed rice
- 300g (large) baked potato with salsa filling
- 120g(1-2 large) pancakes with 30g syrup
- 650-800ml sports drink (eg. Gatorade, powerade)
- 800ml cordial
- 500ml of fruit juice, soft drink, or flavoured mineral water
- 60g packet of jelly beans or jube sweets

Protein containing foods

Food (cooked weight)	Amount Protein	Food (cooked weight)	Amount Protein
120g beef/veal/lamb/pork	32g	120g chicken/turkey	32g
120g canned salmon/tuna	24g	150g fish	24g
100g crab/lobster	16g	12 medium prawns	16g
2 thin sausages	16g	1 Big Mac	27g
60g cheese	12g	120g cottage cheese	12g
200g yoghurt	10g	150g baked beans	7.5g
100g tofu	8g	1 egg	8g
150mls milk/skim milk	5g	150mls soy milk	5g
2 tablespoons milk powder	5g	2 scoops ice cream	5g

Carbohydrate rich, protein containing snacks

(Each contains approx 10g protein)

- 250-350ml liquid meal supplement (eg Sustagen)
- 250-350ml milk shake or fruit smoothie
- 200g fruit flavoured yoghurt (can add breakfast cereal for extra CHO)
- Bowl of breakfast cereal and milk
- 250g Baked beans or spaghetti on toast or in jaffle/toasted sandwich
- 1 round of sandwiches with cheese/meat/chicken/egg in filling
- 1 cup fruit salad (or tinned fruit) with fruit flavoured yoghurt or frozen yoghurt
- 2 Crumpets or English muffins with thick spread of peanut butter
- 250g (large) baked potato with cottage cheese or grated cheese filling
- 1-2 slices thick crust pizza
- Fruit crumble with custard

Some supplements also contain fibre. Fibre can be useful to help relieve constipation and in some cases soluble fibre may control diarrhoea.

