

# Welcome to the Shining Light Corporate Fitness Newsletter

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3f fZWf\_ WaXbgT [USfja` fZWV\$ \_ V\$V[ Y fZWFV\$UZVd 8[f Xad fZW<aT UZS^WYVW [e Xa\_ CgVW eS`V a` & z`\*. Zai VVd fZWV[e b`Vfk aX f\_ WS` V fdS[ [ Y fa Ya` S` ka` WUS` i [ ~ 4WegdVfa ] VVb UZVW[ [ Y fZW i W e[fW Xadg bVSfVdz

Agd UadbadfW 8[f Xad fZW <aT 5ZS^WYVW ZSe S`ea efdW i [fZ S 43@9t i [fZ \_ S`k Uadbadfja` e bdWVd Y fa UZS^WYVW V\$UZ afZVd [ fVd S`k fa eVW i Z[UZ VVbSd\_ Wf US` agf fdS[ t V\$F TWVdS` V TWUa\_ W ZV\$FZ[Vd ahVd#\$ i WY`ez

Agd A` t W 7j bVfe ZShW TWV VjfdV Vk VjUfVW i [fZ fZW ha`g\_ W aX ZV\$FZ S`V of Vbe cgVefja` et VjVU[eWS` V` gdfja` V[SdV Ua\_ [ Y fZdgYZ VS[kz FZVZ ZShWS i adV aX ]` ai WYVW S`V Vj bVdWUW ea TW egdVfa eSb, [ fa fZ[eZ

>aa] agf Xadagd\$" + A` >[ W: V\$ fZ ? W\_ TWVZ[b , ;fe Ua\_ [ Y eaa` S`V fZWSg` UZ [e Ya[ Y fa TW? 3EE;H7z

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## ADD and ADHD

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Associate Professor Peter Dingle  
www.drDingle.com



3e \_ adM[ hVefYSfja` [e Va` Wa` fZVWV[e adVd e \_ adVUa` f d hV k [e d[eVW STagf baee[T WadY[ e S`V USgeVdz;fe t V k fZSf 366!36: 6 aUUGd TWV\$geW aXS Ua\_ b`Vj aXSUFad [ U`gV[ Y [^ VbeV S`V S Ua\_ T[ Sfja` aXegeUWb fT [fk XSUFad egUZ Se YWV[Uel \_ SfVd S`V VV` Vg[ Y bdV` S`Uk S`V WYfZ aX TdV\$ef XWV[ Yz fZWUZ[V e Vj baegdVfa hScage UZV [US`e [ Tafz XaV S`V fZVW h[ca` \_ Wf S`V fZVd UgdV f V[V SdV\$ea b dTST`WUa` fdTgf[ Y XSUFad z Ea\_ WUZV [US`e S`V XaVe \_ Sk Suf Se S fdYYVd Xad fZWV[e adVd I ZSfVd fZWUSgeW [f eVW e t V k Xa\_ fZW SfgdVaX fZVek\_ bfa\_ e fZSf 366!36: 6 ZSe \_ S`k Ua` fdTgf[ Y XSUFad z@a USeV SdM[VW f[US` VebVUjS`k i ZW VV\$ t Y i [fZ UZ[VdV z 366!36: 6 Zai VVd [e VVb` [fV k `af S VVbU[Wuk aXD[fS t ad S`k afZVd VdjYz

@gdfja` S^VWU[Wuk [e S` g` VVd k Y USgeWaX 366!36: 6 [ S e[Y` [oUS` f` g\_ TWd aXUZ[VdV z 5adVWf Y fZVWVWU[WU V S`V [ TS`S` UW` US` \_ S]W egTefS` f[S^L b d hW\_ Wfe [ UZ[VdV e-TVZSh[agd Ea\_ W\_ V\_ V\_ b d hW\_ Wf [e S^ aef [ \_ W[SfVz

366!36: 6 UZ[VdV SbbV\$dfa TWVdU[Wf [ S`g\_ TWd aX` gdfW fe,  
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