



Lisa McDonald, *Editor*

PeakPerformer News

Welcome to the June 2006 newsletter of Health Pursuit! We hope you find our tips, information and articles useful throughout the year and that we can inspire you in creating a life filled with an abundance of **Vitality, Performance** and **Lifestyle!!**

Quotes

"The Body Is The Barometer of the Soul." - Annette Noontil

We only get one body, so if you don't look after it – where are you going to live? - Unknown

7 Ways To Reduce Stress On The Body

Are you experiencing:

- Tiredness & Lethargy?
- Lack of Energy?
- Stress & Frustration?
- Headaches, aches & pains?
- Lack of Fitness?
- Weight management problems?

Beware – these are the body's warning signs that it is stressed!

Our body is constantly monitoring its internal and external environments. We need to pay attention to the feedback it gives and adapt accordingly. Failure to do this short term can affect our to performance abilities: mentally physically and emotionally. Longer term, these issues can result in severe consequences for your health and performance.

Nutrition For Energy. Feed the body what it requires. Poor nutrition stresses our digestive system as it has to work harder to break the food down and utilise it properly. Consume fresh, high quality, high nutrition, foods so that you can stay active and generate maximum energy and performance. Where possible, buy "Certified Organic" produce which has increased nutrition levels, no harmful chemicals, and farming methods which support growing of high nutrition foods. Also,

investigate high quality nutritional supplementation.

How can your nutrition program be enhanced?

Hydration. Two thirds of our body consists of water. The body loses 1.5 litres of water a day through the skin, lungs, gut and kidneys. Our bodies need about 2 litres of water a day to ensure it functions well. Water also enables the body to flush waste and toxins out. You may need to add extra water based on your lifestyle and dietary factors.

Inadequate water consumption can be a key factor in headaches. Most people will find that within 10 minutes of drinking a couple of glasses of water, that their headache has gone. ***Are you drinking enough water?***

Take time to relax. Stress makes the body acidic whereas the body is designed to function in an alkaline environment. It decreases our ability to absorb nutrition from our food, reducing the body's ability to process it and increases degeneration. Disease grows in an acid environment.

When our body is stressed it kicks into "fight or flight" survival mode, stimulating the circulation - heart and blood - to feed the muscles to fight or to run away. The digestive system is a lower priority, so it stops or slows down to divert more energy to circulation. Constant stress plays havoc with the digestive

system, and the long term health of the individual.

Are you allowing your body to relax enough?

Exercise Regularly. A proper exercise program is made up of aerobic (endurance exercise), flexibility (stretching), resistance exercise (weights) and balance and coordination components. By adopting a regular program of exercise you will maximise your opportunity for vitality, wellness and longevity.

What do you need to add to your program?

Limiting Beliefs. Take time to identify any beliefs and behaviours you have which are interfering or holding you back from achieving peak physical, mental and emotional performance.

What beliefs or behaviours do you need to eliminate or change to create better results?

Life Balance. Take time to consider the eight key life areas in your life and where you need to create changes in order to enjoy your

desired quality of life and achieve your key goals, dreams and aspirations.

These are the eight key life areas:

- **Business/Career**
- **Finances**
- **Relationships**
- **Spiritual**
- **Rejuvenation**
- **Physiology**
- **Personal Development**
- **Contribution**

How is your current level of vitality impacting on these eight key life areas?

Responsibility.

Take responsibility today for your health and wellbeing so that you can enjoy peak performance. A coach can help you achieve your vitality performance and lifestyle goals – for more information, contact Lisa McDonald, Strategic Life Management Coach, at:

+61 (03) 9530 4458
info@healthpursuit.com.au

Sowing the seeds of tomorrow's PeakPerformer

Where you are today is a **direct** result of the seeds you sowed yesterday. Choose to actively sow the seeds **today** for what you want to **R.E.A.P. tomorrow.**

Health Pursuit helps businesspeople and individuals to thrive – not just survive. It's about assisting people to **strategically manage their lives** so they can generate **optimum power and performance**. This enables them to reap the rewards of expanding their potential and living a fulfilling life as they journey towards their goals, dreams and aspirations.

The **peakperformer audit™** is a two-hour process for people who are serious about planting the seeds of success. It enables you to work out where you are right now in eight key areas of your life, where you want to be and how you can get there. For more details regarding the **peakperformer audit™** contact info@healthpursuit.com.au.

Testimonials

"The **peakperformer audit™**, was sensational! It highlighted to me areas of my life that were significantly out of balance, and surprisingly enough they seemed to be all the areas that were of highest importance to me. Also because of the way the session was structured, it showed me that the areas where I placed the most value were areas that I have struggled with for five years! So it was just what I needed to inspire me into action, the cost to my wellbeing was too important not to follow Lisa's guidance". - Lisa Parker, Parker Investment Properties

"My **peakperformer audit™**, was absolutely mind-blowing. It helped me to learn more about myself and the big picture of my life. Three months later and I have quit my job, started a new business, and increased my monthly income by **600%**. Now I have eliminated my bad debt, I have more energy than I have ever had before; I am happier, more passionate about life and have a crystal vision for the future." - **Cheyne Goulden, Director, marQtec marketing**

"Working with Health Pursuit has changed my life. I can now visualise my dreams and they all tie together – I truly feel that my dreams are becoming a reality. Their support has meant that I have been able to maintain a clear focus, keep motivated and achieve results. **Juanita T, Elsternwick – Singer & Songwriter**

For More Information

For more details on any of these articles or further information please contact us at info@healthpursuit.com.au or telephone **+61 (03) 9530 4458**.

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