

Newsletter

Number 4, 2005

Welcome to the May 2005 newsletter of Health Pursuit! We hope you find our tips, information and articles useful throughout the year and that we can help you in creating a life filled with an abundance of Vitality, Performance and Lifestyle!!

Quotes

Vitality is created by the way we choose to live. Recovery occurs simply by providing the same conditions that promote and maintain health. Dr Herbert M Sheldon

For things to change, you must change. Jim Rohn

A journey of a thousand miles starts from where your feet stand. Lao Tzu

Your body is the room you live in. Keep it clean!

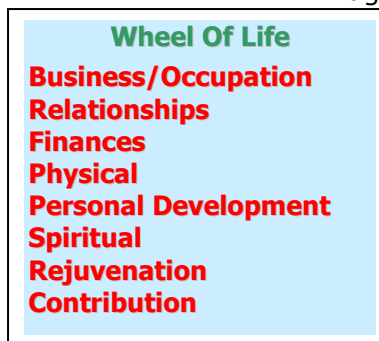
3 Steps To Physical Health & Wellbeing

What you put into your body impacts on your life in many ways including your - energy, enthusiasm, moods, concentration, focus, ability to the quality of your thinking and actions, which ultimately effects your ability to achieve results in your business and personal life.

By becoming more aware, researching alternatives and implementing safe, healthy choices in our daily lives, we maximise our potential for glowing vibrant health now and in the future.

STEP 1: Eliminate sources that cause disease.

We expose ourselves daily to a myriad of hidden toxins. Some poisons are obvious, while others may surprise you. To achieve maximum health we must consciously increase our awareness and avoid the our exposure to these harmful agents.



The first place to start is in the home. Of the 2,983 chemicals (used in cosmetics and personal care products) analysed by the National Institute of Occupational Safety and Health (NIOSH-USA) 884 were found to be toxic. Use safe non-toxic products to minimise the impact on your skin, hair and internal organs, and allow them to operate optimumply.

- a. Purchase a copy of "The Chemical Maze" by Bill Statham or a similar chemical decoder.
- b. Conduct an audit of your household products & their ingredients, including:
 - Household cleaning products
 - Household bug sprays
 - Body products eg hair care, deodorant
 - Makeup
 - Skincare
- c. Conduct an audit of your pantry and fridge; and look at their ingredients.
 - d. Investigate alternative environmentally conscious safe household, pantry and fridge products.
 - e. Purchase household and food alternatives which match your new philosophy for vitality and wellbeing

STEP 2: Cleanse & Detoxify.

The cleaner your body is inside, the more effectively and efficiently its internal systems will function. There are 3 ways to cleanse and detoxify the body.

- a. First, open the channels of elimination by cleansing the colon; ie colonics and enemas
- b. Second, stimulate the flow of lymph to build the immune system through

deep diaphragmatic breathing, rebounding, lymphatic drainage/massage and dry skin brushing.

- c. Third, complete a dietary cleanse to support the digestive track, blood, intestines, kidneys, liver and lungs. By detoxifying the body there will be more energy freed up to be used in reducing weight and helping the body to function as it really should

You may wish to speak to an alternative health practitioner, such as a naturopath, who can guide you through the process and advise you according to your specific health needs. Alternatively, there are a number of books on the market which address these areas.

STEP 3: Revitalise & Regenerate

Spend some time looking at your daily routine, and decide how you can implement a few of these simple steps to good health.

Daily High Nutrition. Remember to eat for maximum vitality by including

- a. A variety of fresh, clean organic produce.
- b. High water content live enzyme rich foods
- c. Alkalisng foods.
- d. Balanced amounts of protein, carbohydrates and essential fatty acids
- e. High quality supplementation for Maximum nutrition.

Exercise regularly. A proper 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.

Drink More Water. Two thirds of our body consists of water. The body loses 1.5 litres of water a day through the skin, lungs, but and kidneys. The body needs about 2 litres of water on a normal day, although you may need to adjust water intake according to medical, lifestyle, climate and dietary factors. By drinking the minimum per day you will maximise your ability to have outstanding wellness.

Maintain a Healthy Body Weight. The right food and regular exercise will ensure a healthy weight. Rather than dieting, aim to eat for health. Fad diets which promise to 'strip 4 kilos off' or drop a dress size over the weekend; only invite failure, often accompanied by binge eating and feelings of guilt. They do nothing to re-educate your eating habits and are often nutritionally unbalanced.

Our Health & Wellbeing affects every aspects of our lives, so it is imperative that we manage it effectively!! Create the quality life you desire, by investing adequate time, energy, money and resources into implementing practices which support vitality, performance and lifestyle.

Please contact us if you would like further details, tips or guidance on relevant practitioners or further reading.

Create Your Physical Health & Wellbeing Plan

Use the REAP formula for assessing your physical health and wellbeing, identifying needs and establishing a plan for how you will move forward in 2005.

REFLECTION.

1. *Recognise.* Describe your overall health. Do you have the energy and stamina to perform your daily tasks? Are you proactively managing your health?
2. *Gratitude.* Write down at least 10 things that your body allows you to do.
3. *Growth.* Remember a time when you body was in its best physical condition.

EVALUATION.

1. *Score.* Giving yourself a score from 1-10 (Excellent = 10) - (a) Rate your current level of health and wellbeing. Consider energy levels, stamina, health problems, sickness,

flexibility/mobility, aches/pains stress and weight management, (b) Evaluate how well you are proactively managing your health. Consider your attention to nutrition, water, sleep, exercise, flexibility, and oxygen

2. *Review.* Identify how your performance is affected by your current Health & Wellbeing actions. Identify the key areas you are committed to improving.

ACTION.

1. *Brainstorm.* Spend 5 minutes jotting down as many ideas as you can for ways you could potentially improve the key Health & Wellness areas you have committed to.
2. *Goals.* Set 1 goal for each of the key Health & Wellness areas you identified. Include the dates of when you will complete the action steps, the frequency and your expected outcomes.
3. *Strategies.* Identify the people, tools and resources required, plan the key action steps.

PROGRESS

1. *Start.* Get moving on the action steps!
2. *Monitor.* Review your progress regularly and make any necessary adjustments.

Sow the seeds **today** for what you want to **R.E.A.P tomorrow.**

Implementing Your Goals in 2005

Don't settle for mediocrity. Become the dynamic individual you were created to be and enjoy a fulfilling life, with maximum vitality, performance and lifestyle by making it happen today!

With your success in mind, Health Pursuit provides consulting and coaching services to assist you to implement your goals, dreams and aspirations by:

1. Creating specific goals and outcomes which inspire you
2. Building the vital planning tools, strategies and frameworks to get you started
3. Coaching you through the challenges to you make sure your goals happen

Special Offer

HURRY!! Free 45 minute Vitality, Performance & Lifestyle Assessment - valued at \$399 - to the first 5 people who contact us. You will evaluate the health of your life in 8 key result areas, as well as discussing a plan for creating an even better life!

For More Information

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

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