

# @ nourishe - february 2010

No More Excuses - we're over our summer holidays, kids are back at school, work has settled into it's usual busy/stressful routine - now's the time to be planning your health strategy for the year. How do you feel RIGHT NOW? Do you want to feel better? the same? What do you intend to do about it?

Give me a call, make an appointment, & get started on your 2010 Wellness for Life Programme.



## Where Do I Begin???

### 1. planning:

- give some thought to your own personal needs & challenges
- how much time are you prepared to allocate each week/month to focus on your health?
- what do you want to achieve from your programme?

### 2. exercise:

- start off slowly - talk to a professional i.e. a personal trainer, swim coach etc & set some specific fitness goals
- join a gym or go to classes ( I recommend RPM - but then I AM biased)
- look at local events that you might be able to do (ladies - see below!)
- schedule exercise time in your diary or planner

### 3. diet & nutrition:

- we are what we eat, drink, and inhale - surround yourself with only healthy options
- foods need to be organic, additive & preservative free, and fresh
- get the whole family involved - make up a weekly menu planner, colour it in & put it up somewhere that you have to look at it every day.
- get water in - use electrolyte drinks if you think you're dehydrated (I had my own personal reminder a couple of Sundays ago when I entered a 70km event and simply wasn't hydrated enough - my muscles ran out of oomph about 15km from the finish & I dropped 5 minutes off my time!)

## Upcoming Events:

sorry guys - these are for women only!

### Start Me Up -

*Petone, Sun 7<sup>th</sup> March*

- ✓ ideal if you want to get out & be active
- ✓ all about participation & fun
- ✓ choose: cycle, walk, or run
- ✓ a great option to lead you into the REAL women's duathlon in April
- ✓ to register:

[www.ignitesport.org.nz/startmeup](http://www.ignitesport.org.nz/startmeup)

### REAL Duathlon -

*Wellington, Sun 11<sup>th</sup> April*

- ✓ enter as a team or individual
- ✓ short distances = a good personal challenge
- ✓ emphasis is on participation & personal bests
- ✓ you get a t-shirt!
- ✓ to register:

[www.realduathlon.co.nz](http://www.realduathlon.co.nz)

If you're even contemplating getting up & active it helps to know what your baseline is.

A simple health check either with your GP or with me here in clinic will establish a baseline for your programme and you can measure your achievements more accurately.

It's all about SELF improvement - who knows what you can achieve until you give it a go?

"If you Think you Can - You Will"