

- Nutrition for health
- Herbal medicine
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Tranzformations

Enjoy better health and a better life

Liz Copeland's newsletter July 2006

ALL CHANGE!

We all lead busy lives but once in a while we have to stop and take stock. For many people this happens at holiday time, when they can take a breather from their normal routine.

Why not use this time to think about your work-life balance? Take time to look at all aspects of your life including work, family, friends and leisure activities. Decide which categories are important to you, work out the proportions of time you spend on each and think about any changes you want to make.

Remember the pie charts you did at school? Do a pie chart to show your current and future work-life balance. Visuals help make it happen.

One bite at a time

They say this is the only way to eat an elephant! By keeping your goals small and achievable you can achieve a lot. If, for example, you want to lose weight, then eating a little less and exercising a little more can help you lose half a pound a week. This wouldn't set most slimming clubs alight but it amounts to 26lb a year! And if you knew you could lose 26lb with very little effort and keep the weight off you'd do it, wouldn't you?

Take some time this summer to decide your future – and you're already on your way.

Contact Liz on 020 8668 3502 for help with happy holidays and much more.

Explore new horizons

- If you enjoy this year's holiday then plan ahead to next year so that you have another vacation to look forward to.
- Have you ever wanted to go hang-gliding, explore Iceland or take up knitting? Plan to tackle the first step towards this when you get home.
- Decide where you want to be in one year and work out what you need to do to get there. An action plan is the first step to the future you desire.

