

Make better Choices & Improve your Wellbeing

Sometimes a graphic can really hit home and this one reminded me of the many simple ways we can change our behaviour and habits to improve our physical and emotional wellbeing.



So instead of just reading this article, read it with intent. Remember the winning formula has 3 steps.
Decide – Commit – Act!!

Take immediate action. Make better choices today and every day. Better self-care can dramatically help improve how you feel. While I am a leadership coach and not a health or fitness coach, these suggestions make basic good sense.

Starting today, do some or all of the following,

- take a walk outside (if you are in Ireland, sunlight isn't guaranteed)
- weigh yourself and if necessary, set a target weight (higher or lower)
- Become more aware of what you are eating. Eat more fresh fruit and vegetables and fewer foods from cans or packets. Processed foods and alter estrogen levels, which can lead to headaches, fluid retention and depression.
- Commit to 15 minutes of daily exercise in Week 1, with a little more in Week 2
- Sugar is everywhere, so read the labels and look for low sugar alternatives
- Get more sleep
- Shed the 'poor me' attitude and take back control – you are in the driving seat -It's your life!!

For more information on my CORE Leadership Programme

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