

helping business take care  
of its most important asset



Hi there

I hope all's been well for you since my last communication. Welcome to those who are new.

Recently I attended the National Speakers Convention. Love it -- three days hearing from the world's best. More info than my brain can handle, yet alone apply!

In our modern world we are bombarded with information and no matter how interesting we can't do it all! So what I do, at the conference for example, is commit to find at least one or two things that I know I can apply easily and in the short term. Actions that will give me a good return on the small investment of time.

Health wise, a simple example is a check up with your family doctor. It's certainly a good idea if you have not done so in the past 12 months. It takes little effort or cost, but can deliver significant returns.

Recently I've had a run of people giving me feedback that they followed that advice and have had worrying things found, but they gained seriously good outcomes because "it was found early". Check out that page.

While on the theme of direct health action, I've put together a new page of tips with supporting info. Check out the "Worth a read" section -- you may find one or two new easy actions to help you live the life you want to live.

Please note: to those of you considering me for seminars, that document is not a reflection of what's delivered from the stage. If you have attended a seminar I'd much appreciate you spreading the word.

Stay well and get the most out of everything you do.



### **In-conference or In-house**

The "It's All About You" keynote is a fun yet powerful session that gives people a brief time-out to freshen up, get balanced and consider their most important asset - themselves.

Check it out here: <https://robedwards.co>

Also, available to speaking on these topics I founded:

<https://plasticfreeoceans.org>

<https://healthyresilient.com>

<https://iitime.org>

# Live Well - Be Your Best

Issue 10

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### **Worth a read**

Here's a range of easy to apply hints and tips for a high quality life.

[www.thehealthpresenter.com/tips.pdf](http://www.thehealthpresenter.com/tips.pdf)



### **Worth a visit**

A quick check in with your doctor can make a real difference -- perhaps life saving!

<http://www.robedwards.co/doctor.pdf>



### **In the kitchen**

Here's a hearty and healthy casserole from the National Heart Foundation.

<http://www.robedwards.co/newsresources/r10.pdf>



### **5 minutes for your back**

A quick session each day may be the difference between a good back or not.

<http://robedwards.co/back.pdf>



### **For the planet**

This scares the daylights out of me. We've gotta get switched on and solve this.

<https://www.abc.net.au/news/science/2018-12-06/greenland-ice-sheet-melting-accelerating/10581980>



### **Something to think about**

Yeah, we've all heard this sort of stuff before, but it really is smart advice.

<http://www.robedwards.co/newsresources/t10.pdf>



### **A quick laugh**

Laughter is great medicine. But if symptoms persist, see your doctor

<http://www.robedwards.co/newsresources/j10.pdf>

*"Take time to deliberate, but when the time for action has arrived, stop thinking and go in."*

*Napoleon Bonaparte*