



helping business take care of its most important asset



You will notice a change in format where the longer version has been replaced by options where you can choose the bits you want. Now, a post Christmas question: Did you eat more

than usual, have more to drink or let exercise slip by over the holiday period?

If so, no problems -- there was fun to be had! Of course you don't want to go overboard and leave yourself with a major restoration job at this time of

the year. Getting back to generally healthy eating and regular physical activity should have your weight and fitness back to ideal a short while after the festive season; or otherwise change to your usual lifestyle. If weight loss is proving a little stubborn, try the "10% Rule": eat 10% less and increase your physical activity by 10%.

We hear much about heart disease, diabetes and various cancers, but Kidney Disease does not get the same exposure. Yet it's the seventh largest killer of Australians -- more than accidents, breast cancer and suicide. And it's on the increase! The good news is that there is plenty we can do to reduce our risk and its impact. Check out the article.

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 5

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Worth a read

Here's some tips and bunch of resources for sensible weight loss.

<https://robedwards.co/video-weight-loss/>



Worth a visit

Kidney disease is one that often sits quietly in the background.

www.kidney.org.au



In the kitchen

Balsamic Onion and Chicken Burgers from Victor Chang Inst. Cookbook.

<http://www.robedwards.co/newsresources/r5.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

I admit to not being a vegetarian, but here are some great tips here.

<https://awfw.org/eat-green/>



Something to think about

Just one of those emails from a friend that caught my eye.

<http://www.robedwards.co/newsresources/t5.pdf>



A quick laugh

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

<https://www.rd.com/jokes/>

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan."

TOM LANDRY Professional Coach