



helping business take care of its most important asset



Live Well - Be Your Best

Issue 7

[back issues](#)



Worth a read

Tips to make exercise a regular habit. It's all about making it fit your lifestyle.

<https://robedwards.co/video-physical-activity/>



Worth a visit

Diabetes is now very common in our modern society. Assess your risk.

<https://www.diabetesaustralia.com.au/are-you-at-risk-type-2>



In the kitchen

Here's a winter warmer that uses a not so healthy ingredient to good effect.

<http://www.robedwards.co/newsresources/r7.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

Carbon reduction is important and you can save plenty of money.

<https://www.energy.gov.au/household-guides/reduce-energy-bills>



Something to think about

This really struck a chord with me. Are you looking at life or are you living it?

<http://www.robedwards.co/newsresources/t7.pdf>



A quick laugh

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

<http://www.robedwards.co/newsresources/j7.pdf>

WALK WALK WALK! Today I was waiting at the hairdressers. She is one of those that could talk upside-down, underwater, with a mouth full of marbles. Lovely, but 2:00 appointment usually means 2:30. So I politely checked how long would the wait be. Then off I went for a walk. That's healthy and I usually get an idea or three (this newsletter topic!). I often do that. It's more value to me than reading New Idea! I did it last week when 25 minutes early for a train.

Recently I was chatting to a guy who said that he could not fit exercise into his schedule. I knew that half his day was on the phone, so I suggested he keep a note book on his desk and jot down the calls that he could make outside the office. Then two or three times each day go for a walk and make those calls. Net work time lost: zero; Exercise gained: 40+ minutes most days.

Another told me he was quitting smoking. I said (as I have 100s of times): "Every time you get the urge to smoke, walk around the building and curb the craving."

I was chatting to a good friend a couple of nights ago who is dealing with some major work stress issues. You guessed it -- I said "Walk!". It certainly won't solve the problem, but it burns up some of the stress chemistry. He said he felt much better for effort; and perhaps is thinking a little clearer about the issues.

Conferences and staff training? Please pass this on to friends and associates.

Rob

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>

"To find what you seek in the road of life, the best proverb of all is that which says: "Leave no stone unturned.""

Edward Bulwer Lytton