



Hi all

I often hear from clients that their life is so busy. However a busy life doesn't mean you can't achieve your goals whether it's exercise goals; weight loss goals, work goals or other goals. The key to success is to work out and write down your priorities. This helps you to take control of your time. Keep a timesheet for a day and see how you spend your time then compare it to your priority list and see if you are spending time on the things that are most important to you and that are going to help you achieve your goals. Spend more time on the activities that you value and less on those that are insignificant.

In this newsletter:

- tips on achieving your exercise/weight loss goals
- three healthy summer drinks
- low energy? Exhausted? Can't handle stress like you used to?
- simple and yummy zucchini pasta.

Take time to work on your goals; have a great month, Jenny

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## **How to successfully achieve your exercise goals so you can lose weight and get healthy!!!**

Exercise is like an investment. If you exercise for one hour you will get two hours of energy in return. Remember no matter how busy your life is, you always have time for exercise, you just need to make it a PRIORITY.

1. Write down your goals e.g. to exercise 5 days per week for 45 minutes.
2. Schedule your exercise on your calendar (actually write it on the calendar or schedule time for it in your electronic calendar).
3. See exercise as NON-optional.
4. Make sure the exercise type matches your personality, would you prefer to exercise by yourself, with company, with music, inside or outside etc.
5. If your goal is to lose weight, find a picture in a magazine of how you would like to look (a realistic picture) and put it on your fridge or mirror, somewhere where you will see it regularly. When you are doing your relaxation or at a quiet time you have in your day, actually visualise how you will feel in your thinner body, how will you look - this helps to remind the brain of your goal which will help you make wise decisions on exercise and food choices.
6. Use the 15 minute trick and do exercise for 15 minutes - once you have done 15

minutes you are more likely to continue the exercise. It is the getting started that is often the mental block.

7. Keep promises to yourself!!!



### **3 Healthy Summer Drinks**

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## **Low energy? Exhausted? Can't handle stress like you used to?**

Are you finding you don't have the energy you used to? Not sleeping well? Do you lead a busy stressful life? Have you had enough of using coffee and sugar to get you through the day?

You may have adrenal fatigue. Adrenal fatigue is most often a result of leading a busy stressful life. Symptoms of adrenal fatigue include fatigue, weight gain, food cravings, easily stressed, memory loss, low mood, hormonal imbalances, tired upon waking and sleep issues. You may be suffering from all or just a few of these symptoms.

In our current society we are calling on our stress hormones more and more as we rush around with busy schedules along with stress from finances, relationships, health issues, work and kids. Our bodies are not designed to be in a permanent state of stress. They are designed to deal with a stressful situation and then move back into a relaxed state once the stressor has gone.

When you are stressed your body responds by the adrenal glands releasing the stress hormones cortisol and adrenaline into the blood to help you deal with the stress. When you have long-term day to day stress you are causing your adrenal glands to constantly produce heightened levels of these stress hormones. Overtime when we are under continual stress our adrenals glands can become fatigued. The continual stress can also start to affect your energy resulting in constant fatigue. Stress also increases your need for specific nutrients which can lead to deficiencies in key vitamins and minerals resulting in other processes in the body not functioning as well as they should.

Although adrenal fatigue is a common cause of low energy there can be other causes. Specific clinical testing can be carried out to assess what is causing your low energy. Supplementing with key nutrients, dietary improvements and life style changes will often form an important part of a personalised treatment plan to help you regain your energy.

If you would like further information about this or any other health concern, please contact us on  
022 017 6033

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## Zucchini Pasta

### INGREDIENTS

4 small zucchini  
1 clove crushed garlic  
1 Tbsp. finely grated parmesan cheese  
1 Tbsp. olive oil or coconut oil  
Himalayan sea salt

### INSTRUCTIONS

1. Using a potato peeler shave the zucchini length ways.
2. Heat oil in a fry pan on a medium heat, then add the zucchini strips and crushed garlic.
3. Saute for 4 minutes.
4. Place in a bowl and sprinkle with parmesan and salt.
5. Use as a side dish or add protein - chicken, beef, lamb and other vegetables for a full meal.