



SPRING INTO LIFE... NOT JUST SUMMER

Spring has now arrived! And according to fitness and lifestyle expert, *Emily Hogarth* this is a great time of year to re-focus your goals and become a more positive person. Days are longer and lighter, daffodils are blooming and summer is around the corner

A strong mind, coupled with a healthy body and positive spirit equals happiness. This is the start of the most important relationship of your life. First of all, you have to want to do it. Then with help, support and the right knowledge - the rest is easy and fun. You should be proud of yourself and spend a moment now thinking about all of the things that you are grateful for. Focus on your strengths and the courage involved in self-improvement. Taking care of yourself keeps you motivated and in a positive frame of mind and also makes you a better person and improves your relationships with other people whether it is your boss, partner or child.

No matter how personal or difficult your goals may seem, you can achieve them. You will have to work hard within a realistic time frame and the time to start is now. It is never too late to start looking good and feeling great.

When you are happy and healthy people will want what you have. Become your own walking, talking advertisement and exciting new career opportunities and relationships will appear as if out of thin air. You need to have 100% belief; you can if you think you can!

By letting go of negative eating patterns and in knowing and appreciating yourself you can learn everything you need to know to create happiness and fulfilment. This is the key to

effective change. If you really want to you could be more positive and do much more with your time. Be passionate about yourself and make a personal action plan for change in each of your life zones. It takes effort, commitment and a strong desire to move ourselves out of our old habitual patterning into something fresh and positive.

What will make you feel better?
Be assertive and be prepared to take some risks. People often forget to actually live because of the need to make a living. Remain focused, be patient and keep moving towards your goal. You are a skilled and talented person and you deserve a happy social life and a creative working life.

EXERCISE – get a personal trainer who is going to motivate you and make exercise fun and varied.

HEALTHY EATING – see a dietician who is going to challenge you to try new foods and give you energy, improved skin, hair, nails and body shape.

WORK – meet with a Career Consultant who is going to give you career advice, on CV writing outlining your strengths and weaknesses and interview advice.

SOCIAL – Sign up for walking, running, yoga, Pilates, circuits or scenic trips. Have a look in your local library or notice board for organised activities for families, singles, and networking opportunities.

Here are a few words from a client...

Why?

I had been eating and drinking unhealthily for some time and became quite depressed in my day to day life.

What did I learn? Why did it help?

I learnt that by having goals and by changing your lifestyle and introducing healthy foods, such as fresh vegetables and fruit, plus exercise can really make you feel so much happier and healthy. It helped me to become more focused with what I want out of life as my mind was able to think more clearly and I was able to make life changing decisions that I believe I would not have been able to even contemplate on my old diet.

Why would I recommend The Fitness & Lifestyle Company to someone?

In a nutshell I feel like a brand new person. I feel as though I have a new lease in life. I have 100% more energy. I feel focused, happy and healthy.

I would recommend anyone who feels that their current diet is hindering their health, plus anyone who has low self esteem, is suffering with depression, like I was, to try this.

Since finishing the course I feel so much happier, not just in my health, but my mind and my relationship with my husband has improved, due to my new outlook on life and my positive attitude, I feel that no task is too big for me to conquer - this is all down to the course that Emily suggested I undertake.

By the end I felt as though I was a different person. I no longer felt depressed or on edge, instead I now feel extremely happy, something I had not felt in a long time.

Emily Hogarth you have been my saviour and have turned my life around! Thank you!

As a personal trainer and lifestyle coach I have helped a wide range of clients to meet their goals, ranging from career advice, relationship coaching, long term goal setting and overall health and wellbeing. So, best of luck as now is the time to Spring into action! ■

The Fitness & Lifestyle Company
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