

**The Good Health Coach
Integrated Natural Health Practice**

It's not easy getting fit and healthy, especially if you have an underlying illness or disability. But most people can make small improvements every day....

7 ways to improve your health

1. Find which foods are beneficial for you, not necessarily the ones you like best and eat only when hungry. Mostly you will know what makes you feel good and those foods that give you stomach ache, headache or bowel issues!
2. Buy food that is fresh, local and in season. It's a good idea to cook food at home, but if that is not possible buy only the best you can afford
3. Move your body a bit more each day. This does not mean going to the gym, but making an effort to move around more, use the stairs, clean your place with vigour, walk more or jog a little... or any combination
4. Reduce stress in your life Easier said than done; learn to breathe, try mindfulness, spend time in nature, take a break
5. Do something you love as often as you can Read, dance, watch a movie, paint, write poetry...whatever gives you joy
6. Make time to just 'be' ...now. Slow down, take notice of your surroundings, smell, think.....
7. Laugh more and dance as often as you can It goes without saying 'laughter is best medicine'...but it truer than you would imagine...dance and smile, we only have a short time so be happy.

Apply one Improvement each day for a week.... see how much better you feel