

IMPORTANT - PLEASE READ THIS

Your First Wealth Is Your Health!

As you know I love to motivate and inspire people to become their own Champions and help them to achieve goals they never believed were possible.

There is one critical ingredient however that we all need to focus on daily for any Champion performance and that is our health! Without good health it is hard to accomplish anything in life and in some cases it is just a battle to get through each day (I have been there, just read on).

So what maintains us in optimum health or helps us get there if we feel we could improve our own? Well there are four key areas that I believe we need to address and they are STRESS, EXERCISE, WATER and NUTRITION. Just remember the word S.E.W.N.

We all seem to be under more stress these days whether it be work, family, financial, environmental or lack of sleep just to name a few. The best way to deal with a recurring stress is to remove it completely from your life but you and I know that is not always possible, so what do we do?

First and foremost we need to be good to ourselves. There are 336 half hour time slots in a week. Now let's take 112 of them for sleep and then that leaves us 224 half hours to get everything else in our life done. Out of those 224 half hours I want you to diarise a minimum of 10 of them for 2 important stress relieving activities.

Five of them are for you to smell the roses, meditate, relax, have a nice bath or even take a nap just chill out because it's such a great stress reliever. Now the other 5 are for exercise because the benefits of exercise are many & varied. Just 5 half hours per week preferably on different days, yes that's all, 5 half hours to help you on the road to good health. All the marathon swimming, training and racing I did during my career were for anything but my health. Not only is exercise great for the body and mind it is also a great stress reliever in itself!

“Ok Shelley what is the best exercise for me?”

I hear you ask My answer is simple “the one you will do!”

Brisk walking, jogging, hiking, gym, swimming, biking, it doesn't really matter because as the saying goes we need to “just do it”. A word of caution however; your exercise should be at a moderate intensity and a good rule of thumb is if you are walking/jogging you should be huffing and puffing but still be able to talk (I know this is difficult swimming but you get the idea). Going too hard or too easy will not give you the best benefits for your health.

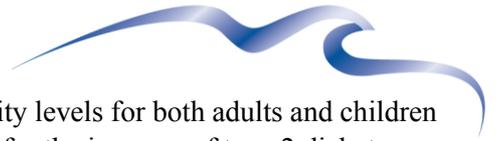
Now let's talk about water. It amazes me how many people just don't drink enough water and yet water is vital for every function of the human body. Carry around your water bottle whether you are at work or at play and focus on drinking 2 to 3 litres of clean filtered water daily because it is one of the best things you can do for your health.

Now lastly and probably the most difficult for all of us is nutrition. This is such a critical issue for everyone in Australia ... I'm sure like me you have read the papers and seen both our federal &

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state governments alerting us to the alarming increase in obesity levels for both adults and children in Australia. Maybe you have also seen the horrible statistics for the increase of type 2 diabetes as well. You see these diseases are not genetic; they are what I call “lifestyle” diseases. Fast foods, processed foods, soft drinks and lack of exercise are the culprits here so I recommend eating as many “whole foods” as you can. These are foods that are direct from the soil or tree or vine and have had no processing or as little as possible.

For thousands of years we humans never got our food out of a box or a packet or a fast food restaurant, this phenomenon has only been during the last 50 years or so & like many of the experts I believe it is having a serious effect on our health and the health of our children.

So what do we do? Above all we should be trying to eat 7 to 9 serves of fresh fruit and vegetables every day and like me you probably find this difficult or impossible to do on a daily basis.

This is why I personally take and recommend Juice Plus+. Juice Plus+ is one of the very few products that I do recommend to everyone for their health and for good reason. The first being that it is a whole food concentrate made from 17 fresh raw, vine ripened fruits and vegetables in convenient capsule form. The second is that it has been subject to more independent research to prove its effectiveness to any brand of nutritional supplement in history That’s credibility money cannot buy.

The third reason I recommend Juice Plus+ is simple, my own personal experience. Early in 1998 after swimming in polluted water I was stricken with chronic fatigue syndrome (CFS). It got so bad for me that it was a struggle just to get out of bed & I was constantly tired and felt like I was in a thick “fog”. I tried absolutely everything for months and months to get better and was under very good medical care.

A good friend of mine recommended Juice Plus+ to me and I must say I reluctantly started taking it thinking it was just another “vitamin pill” and I was taking so many of those I was rattling. Well after taking Juice Plus+ I gradually started to feel better and in a few months I had improved so much that I couldn’t quite believe it. Since that day that I first started taking it in 1998 I have not missed a single day without Juice Plus+ and my health has been a winner as a result. I have a personal commitment to help anyone who suffers from CFS so please put them in touch with me. In case you are wondering, I focus on healthy eating habits & I also take a good fish oil capsule and evening primrose oil (I am at that age) daily. You can get fish oil capsules and evening primrose oil from any good health food store.

Juice Plus+ is available directly from the company and as a favour to me my friend and former Australian Triathlon Champion Marc Dragan can organise it for my clients at the wholesale preferred price. Contact Marc on 0418 796 707 or marcdragan@bigpond.com for some strictly obligation free information.

So remember that word S.E.W.N my friend because if your lifestyle doesn’t control your health eventually your health will control your lifestyle.

Here’s to your Champion Health!
Cheers Shelley Taylor-Smith
130 78 41 70