

Do Something!

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Don't You Owe Yourself The Best Of Health?

This newsletter comes to you from Kate Harper of Harper Coaching

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Welcome to this issue of **Do Something!** – the bi-weekly newsletter that is intended to inspire you to change the way you think and to stimulate you into action. If you like what you read, please pass it on to your friends and colleagues.

Welcome to my new readers. I am delighted to have subscribers from the UK, USA, Canada, Japan, Switzerland, Ireland, Albania, Italy, India, South Africa, Pakistan, Australia and New Zealand. And Happy Valentine's Day to those of you who celebrate it!

Please make sure you put kate@harpercoaching.com on your allowed list, so that you can continue to receive this newsletter.

I aim only to send this newsletter to those people who want to read it, so if you have received this newsletter in error, or no longer wish to subscribe, please either follow the link below or send me a blank e-mail to kate@harpercoaching.com with 'unsubscribe' as the subject.

I am feeling really well and healthy at the moment, full of energy and able to cope with pretty much anything that comes my way. The picture was completely different a year ago. Although I was going to the gym regularly and following healthy eating guidelines, I felt tired and low, with no oomph. I was catching bug after bug and wasn't able to shake them off. I had various unpleasant physical symptoms which I won't detail here, which had been going on for *years*. I was even taking afternoon naps! (I HATE sleeping during the day!) My Doctor did various tests – gluten, coeliac, thyroid, blood sugar, but each time the results came back negative. What to do next?

Last summer, after prompting from a friend who said that I owed it to myself to find out more, I sent off for a food intolerance test from the YorkTest Laboratories. (see [YORKTEST](#)) I had heard about them from various sources over the years, and thought they might be able to help me get to the bottom of my malaise. And if not, at least I had tried something! As part of the package you get two consultations with a nutritionist, who will help you make the best of your results. And, boy, did I need help! It turns out I am intolerant to certain foods, including garlic! However, I also had a suspected leaky gut! This explained the symptoms, the tiredness, the lack of energy and more. Everything I put into my body was being treated as an

invader. No wonder I felt lousy. I have now changed my eating and have developed my skill as a mad label reader. Within two weeks of omitting certain foods from my diet I was already feeling much better and now over six months on, I can say having that test was one of the best things I have ever done. (There are other food intolerance tests available. However, I have no experience of them, so you will have to do your own checks.)

I am not saying that you should all rush off and have yourself checked out for food intolerances (although if you are suffering, maybe this is a good place to start). What I am getting at this week is that you owe it to yourself to become as healthy as you can possibly be, so start listening to your body and start taking action. It is so easy to put your health low down on your list of priorities, if it appears at all. However, consider this, if you become unwell and cannot function, how will you be able to work or look after anyone else? Life is so much sweeter when you feel well. Even if you are only able to do a little bit everyday towards improving your health, do it!

Do Something to move you towards your goals. Make your goals this week wellbeing ones. What needs to change first? Think about your body. Where do you feel strong? What gives you cause for concern? Who can you consult to assist you? A doctor, personal trainer, a complementary therapist? Ask for referrals if necessary and make that call.

Do Something today that you've been putting off for a while. What's been niggling you for a while that you keep ignoring? An ache? Some extra weight that you've been carrying for too long? The fact that you can't climb a few stairs without panting? Pay attention and this time don't ignore it. Do something about it.

(If Procrastination is one of your challenges and you haven't already done it, click [HERE](#) - or go to www.harpercoaching.com - to sign up for my complimentary 7-day mini e-course on this subject.)

Do Something for yourself. There's a saying 'diets start tomorrow'. No they don't. Everything you eat and drink is part of your diet and there is no start or end. Think of food and drink as fuel. Would you put fuel into your car that made it break down – either straight away or somewhere down the line? Of course not. So don't do that to your body. The information is out there about what you need to do to start looking after yourself. Make it a priority to find out what is best for you.

Do Something active every day. An active body is a healthy body. If you can't do the smallest thing without feeling puffed-out, then it is time to take a good look at how you spend your days. Is your job a sedentary one, with many hours sitting? Think about ways that you can add some more movement, even if it is getting up off your seat every so often and having a quick stretch or even a walk over to talk someone. Exhausted after a long day at work? If you make time for even the smallest amount of physical activity, say a five minute walk, you will feel so much better. Slumping in front of the television will only make you feel worse!

Do Something because you want to, not because you have to. Don't you *want* to feel good? When you are placing your well being and health at the top of your list then everything else feels better too. You'll be clearer in your thinking, you'll be more even-tempered. You will feel the strength of your body when you need to do something physical. If you have family members that you care for you will also be leading by example. By valuing yourself others will be more likely to value you too.

Do Something new every day. Every day choose to do some new thing that will contribute to a healthier you. It doesn't have to be something big, or take hours or even cost a great deal, if anything at all. Just learning to breathe properly, deep down into your belly, will contribute to your overall sense of wellbeing.

Do Something creative every week. Wellbeing is not just about physical health, but also what goes on in your head. Being able to express yourself in a creative way will add to your mental fitness. Making time to do those things you enjoy helps to reduce feelings of stress and are so beneficial to your overall sense of happiness.

Do Something for nothing. Every day we eat and drink. We get up in the morning and we go through our days. At the end of the day we go to bed, and for most of us, to sleep. During those 24 hours it is up to us how we use every second, every minute. We will not get a bill for that time. However, if you don't address any health concerns that you have now, you may have to pay the price later on. Picture yourself as someone nearing the end of your life. What are you like? Are you fit and able to function, clear-headed and capable? Or are you surrounded by carers, frail and unable to take care of yourself? Don't wait. Make some changes NOW. Take care of yourself NOW. Don't you owe it to yourself?

Do enjoy these quotes.

Once again I came across many good quotes. Here are two I particularly liked:

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools."

Spanish Proverb

"Life is not merely being alive, but being well"

Marcus Aurelius (Roman emperor, best known for his Meditations on Stoic philosophy, AD 121-180)

I do hope that this issue of **Do Something!** has inspired you to put your wellbeing at the top of your list!

Have a good fortnight and even if it's only a *little thing*, **Do Something!**

Warm wishes,

Kate

Passionate about helping you achieve your goals

The **Do Something!** Coaching Package

Many of you will already be familiar with **Do Something!** - my newsletter that is intended to inspire you to change the way you think and to stimulate you into action. In fact, today you are reading it! Well, now you can sign up for the **Do Something!** Coaching Package. This is a three-month long Coaching Programme based around the ideas that form the basis of the **Do Something!** newsletter.

Do Sign Up for my e-Course ~ “**Discovery** ~ a 6 module journey to a better you” on www.harpercoaching.com under [e-Courses](#) on the main menu.

Here is a little bit about it:

Discovery is a comprehensive 6 module e-Course for you to work on at your own speed and in your own time, which will appear in your in-box each week. Within each module there are exercises and actions for you to take, covering such subjects as "Where are You Now?", "Choosing Your Ideal Life", "Taking Care of Your Body", "Happiness", "Motivation", "De-Cluttering", "Improving Your Self-Esteem", "Making Time for Me", "Understanding and Practising Assertiveness", "Dealing with Stress", "Managing Your Anger" and more...

Here's what one of the first purchasers of the **Discovery** e-Course have said - "Your **Discovery** course is outstanding. Thanks."

Your investment for this e-Course is UK£29.99 (Approximately USD 52.00/EUR 44.00).

If you would like to know more, please click [HERE](#).

Do try this for nothing!

Alongside “**Discovery**” and to give you a little taster, to see if you like my style, I am also offering a complimentary 7-day mini e-course on **Procrastination**. To sign up for this, please click [HERE](#) or go to www.harpercoaching.com

Kate Harper is a Motivational Life Coach, based in the beautiful Highlands of Scotland. To find out more about Kate's services please contact her at kate@harpercoaching.com or see www.harpercoaching.com .

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