

I hope this spring newsletter finds you all happy, healthy and getting out exercising in the sun, wind, rain and gym. Here follows a few tips and suggestions for spring which I hope you enjoy...

Eight weeks to Christmas

Shake off the winter flog and start your resolution for 2009 NOW. Make some small changes to your life to increase health, fitness and vitality:



- Cut down on refined sugar (sweets, cakes etc). Try organic dried fruits instead.
- Cut down on alcohol, especially when you haven't eaten anything. If drinking alcohol have a glass with a glass of water. Try alcohol free nights and weeks!
- Avoid smoking and limit unnecessary pain killers.
- Limit caffeine and substitute with herbal teas, filtered water, and organic juices.
- Exercise every day with one day off for a rest if needed. If easier, break it up and do a walk in the morning for 20 minutes and 15 -30 minutes in the evening of resistance training. Fit exercise in with your schedule. You not only feel fitter but you will see benefits in your mood, concentration, sleep, pre-menstrual and menopause symptoms, not to mention contributing to the prevention of all the

other medical issues of; heart disease, cancer, diabetes and premature aging.

- Take regular 5 minute breaks every hour at work to realign your body and give your head a rest to empty the mind and de-stress.
- Eat lots of vegetables 5-7 a day and fruit (2). Keep up the protein and carbs in equal portions. Introduce salads for lunch and prepare ahead of time to take to work.
- Don't eat on the run – take time to enjoy the meal and digest slowly to avoid overloading the system. Eat when hungry and masticate slowly (chew that is)!
- Make time to spoil yourself! Book in for a massage, facial, relax in an aromatherapy oil infused bath, light candles - anything that helps you unwind.
- Laugh out loud. Humour is a bonding quality and makes us feel good. You cannot feel depressed or down when laughing. Laughter provides a safety valve that shuts down the flow of stress hormones. When we laugh, natural killer cells increase and levels of health-enhancing hormones such as endorphins and neurotransmitters increase. Start with a grin
- Sleep well. All of the above should ensure you get the 7-8 hours you need

WOTZON

Register at www.wotzon.co.nz to receive regular emails on what's happening in Wellington. Enter competitions to win tickets to concerts, shows, gigs, events.

THE LITTLE DOG LAUGHED

Be entertained by the smash-hit Broadway comedy, The Little Dog Laughed at Downstage Theatre. It's a deeply funny look between-the-sheets at image making, sexual politics, celebrity hype and love.

Starts 7 November.



Springstep

Join our Springstep group walk/run/exercises get together. Mondays 1pm or 5pm, venue Frank Kitts park. Let me know by email or phone if you're interested and preference of time.

Cost: \$20 to \$25 depending on numbers.

Wellington Botanical Gardens

Shake off the winter blues and celebrate spring with Wellington's BLOOMING TULIPS.

Run, walk or meander through these wonderful gardens and regenerate the body and feel inspired.



Second Hand/Recycling Opportunities

We all love a bargain and what better way to find one than to visit some of Wellington's clothing recycling stores scattered around the city and beyond.

The following stores will sell your unwanted (good quality) clothes on your behalf or you may like just to shop to buy!

- **Soup Fashion Recovery** – 8 Blair Street, Wellington
- **Labels** – 322 Tinakori Road Wellington
- **Secondo** – 289 Tinakori Road, Wellington
- **Recycle Boutique** – 209 Cuba Street, Wellington
- **Style** – 137 Jackson Street, Petone
- **Full Circle** – 216 High Street, Lower Hutt
- **www.freecycle.org**
– Get rid of stuff and get stuff free

Get out there and enjoy

I thought you may all enjoy this quote from author, Patricia Grace who wrote of Wellington...

“I love this city, the hills, the harbour, the wind that blasts through it. I love the life and pulse and activity, and the warm decrepitude – there's always an edge here that one must walk, which is sharp and precarious, requiring vigilance.”

If you wish to unsubscribe from these newsletters please email with “Unsubscribe” in the subject line.

MEOW CAFE

If you like retro collectable items and good coffee then check out this new cafe on upper Willis Street (previously Roti). You'll find hip décor and an interesting range of food.

MOMOTEA

Taste exotic flavours of green, black and bubble tea while grazing on Chinese delicacies at this funky new tea house on Courtenay Place (previously R & S Satay House).



P.S. If you have a story or tips to share, email them through to – julia@brookecoaching.co.nz for inclusion in our summer edition of the 'Brooke Blurb'.

Warm wishes, Julia



BROOKECOACHING
work / life / balance

PO Box 12543, Wellington
T: 04 479 3765 F: 04 479 3769
E: julia@brookecoaching.co.nz
www.brookecoaching.co.nz