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Take care of yourself! Alex x

Top Tips to inspire you to live a healthy, happy life (stress free) every day of the week!

"Print me out and keep me handy"

1. Drink 2 litres of water a day – this has been shown to make a huge difference to various ailments and to inspire you further it can be a quick way to lose weight.

2. Call up someone you haven't spoken to for ages. Reconnect, inspire them to do something healthy, take a walk together, go out for lunch and find somewhere that does yummy salads, have a natter over a cup of herbal tea.

3. I always get asked what supplements I take! So my top 3 supplements are Vitamin D, Vitamin C and Essential fats. The body can't naturally produce these, we can only get them from the food we eat or sunshine! They are crucial for many systems of the body. I recommend Biocare Vitamin D, Vitamin C and Eskimo or UDO oils.

4. Get a laugh a day – go on Youtube, rent a comedy film. Laughter is a great form of medicine. What do you call two Mexican firemen? Hose A and Hose B!

5. Put aside an evening a week to pamper yourself. The power of taking a bath is often forgotten; give it a go. Why not try it with one of the Dr Hauschka baths? They are the best bath oils in my opinion. Other suggestions would be to light a candle and read a health magazine. Cook a nice meal and take time to enjoy it. Or even book a treatment with a holistic therapist or have a beauty treatment. Just make it time for you, this is more important than people realise – it's essential and you are worth it!

6. Breathe!! Try this... breathe in for four seconds... hold for four seconds... breathe out for four seconds. Repeat FOUR times! Notice how you immediately feel more relaxed. This is a quick and effective way to help calm you down if your worrying or stressed help calm you down.

7. Spend time looking at different parts of your life, working out what's most important to you to improve and get coaching to help you if you are finding it hard.

A coach will help you find out what's stopping you and there will be some accountability to keep you focused. What's your dream and your goal? Call me or email me on 0161 439 9856 or alex@alexandraworsley.com if you want some support with this or any of my top tips. That's what we are here for! One of our biggest aims is to help you reach optimum health, happiness and balance – let us help you

Take care of yourself!

Alex x