



Believe in yourself and strive for success By Andy Holter

With the recent release of **'It's all about you'** from the People Team, this week I want to share with you 10 tips to consider for your self-development, as you re-energise and prepare for the future.

1. Start now Do something about your personal development plan today. It's going to take some time to achieve lasting change, so you need to start now. You can build on what you do today, tomorrow. Do not become a pro at procrastination! "You cannot escape the responsibility of tomorrow by evading it today." – Abraham Lincoln

2. Baby steps To plan, you need to include steps. Break a large goal into its smallest components. Keep the result in mind as you focus on the smaller bite sized steps.

3. Learn from other people You can gain from the success of other people and you can learn from their mistakes. Your own experience is a harsh teacher so learn from the mistakes of others. If you can find a mentor or coach your task will be easier, or read as many books as you can,

4. Embrace change The world is changing all the time. Even if you do nothing, you will change by default as the world turns. There is no escape from this; if people and ideas did not change, we would all still be living in

caves! Your personal self-development plan needs to include how you are going to change, what action will you take? Only action leads to results.

5. Be accountable You are responsible for your own progress. You are responsible for what you are today and where you are today. That means you can initiate the steps involved in your personal development and speak to your line manager or use the Selfie to help make those first steps.

6. Be grateful and recognise your worth Focus on what you already have. Think about how others benefit from what you do. If you improve yourself, those benefits will increase, and your wellbeing will greatly benefit too.

7. Be intentional Whatever you intend becomes your reality. Find your true intention before you resolve to do something and make sure you really want what you say you want. If your goal and your intention are not aligned, then you will think up lots of excuses and all sorts of situations to prevent your progress.

8. Challenge yourself Your goals need to be just out of reach. If you reach for an impossible target, you are setting yourself up for a failure. If you stick to what is easy, you are denying yourself the satisfaction of achievement and only minimal change will occur. Find that middle ground with a stretch goal in your personal self-development.

9. Follow your passion It's no good doing things that you do not like. Choose actions that appeal to you and are in line with your values. Pick people to help you that you like being around. Make sure you are following your heart while not running from the hard issues.

10. Keep going and NEVER give up Life works in cycles and moves to a rhythm. You will have up and downs. When you hit a slow point or things do not seem to be moving, do not give up, keep going. There is no such thing as continual rapid advancement and that means your personal development plan needs to be achievable and balanced. Find your rhythm and go with the flow. You can go on learning, changing, and renewing for all your life.

"I don't run to add days to my life, I run to add life to my days."

Ronald Rook



FAT-BUSTING SMOOTHIE RECIPE

1 banana, 1 tsp ground flax seeds
1 tsp of fresh ginger finely chopped
Half a fresh pineapple sliced
150ml of low fat milk of your choice

Whizz up the ingredients in a processor and enjoy!
The ginger and pineapple are great for speeding up your metabolism.



KEEPING UP GOOD HABITS

Research from Mintel found that 80% of adults took some form of exercise during the Covid-19 restrictions over the past year, with 74% of those aged 16-24 exercising at home. Others oiled up old bikes and dusted off discarded trainers to hit the pavements in search of fresh air. Strava's community grew by around two million new athletes. Seemingly amid the uncertainty and chaos, a love of fitness was rekindled.

Now that local leisure centres and gyms have reopened, the question is whether we'll head back to all habits and routines or if we've learned new lessons from the change enforced upon us. These are the biggest fitness trends set to make you sweat this summer:

1. Walking It was the only privilege allowed to us at times; the only opportunity for a socially-distanced catch up with one friend, so it's little surprise that walking and hiking in the great outdoors have grown in popularity. It's one of the best low impact, no cost fitness options out there, which allows you to escape the office and benefit from a positive mental health boost as you bask in nature's greatness. Increasingly people are challenging themselves with their walking, setting targets for distanced covered and camping out en-route. Here's the [National Trust's list of the top 100 walks](#).

2. Eye yoga For all the benefits technology brought in lockdown, some of us are now suffering as a result of spending too much time spent looking at screens. Research has found that 1 in 5 adults believe their eyesight has deteriorated during lockdown. To help combat this, a new trend in eye yoga sees people taking care of their eyes through gentle movements to move and gently massage the eyes and surrounding areas. As crazy as it might sound, your eyes, like your body have muscles and muscles no matter where they are, need to be exercised. The simplest technique is to look up, look sideways left and right and downwards and repeat each exercise 10 times. Once you master that, squint and release is also great for working the orbicularis.

3. Quick-fire workouts With attention spans and working hours increasingly stretched, short bursts of high intensity interval training; anything from 3 to 20 mins have become many people's fitness go to. There are now countless apps offering 7 and 10 minute challenges, which can be slotted into a busy schedule with all the benefits of a much longer slower paced class.

4. Everesting Whilst climbing Everest is not possible for many, least of all due to travel restrictions, it's not put some people off trying virtually on their bikes! 'Everesting' involves climbing the 8,848m height of Mount Everest, at your own pace on a road, mountain or static bike.



5. Challenge to change Virtual challenges continue to be the easiest and most popular way to maintain or build fitness in a fun and competitive digital environment. Apps like Strava offer vast swathes of challenges from completing a 5k run to covering 300km!

6. Online / outdoor workouts Despite gyms reopening many of us, myself included, have fallen in love with the convenience of stepping out of bed and into the gym kit and outside with an iPad, an exercise mat and a set of hand weights for a virtual (live or pre-recorded) workout session. There's no travel so it's far more time efficient and you can take total charge of your fitness journey, choosing a class to suit your mood and fitness level. Now the dilemma is not what gym kit to wear, but which instructor to listen to! [Here are some workouts](#).

BEING HAPPY AND HEALTHY IN YOUR SKIN

By Elaine

We have all been unhappy with our weight at some point in our lives and we also all know that getting lots of exercise and eating less fatty and sugary foods can help keep the extra pounds off. Try these tips to help you cut calories without noticing it:

Eat more veggies – green leafy veg, celery, cucumber, asparagus and broccoli are some of the best vegetables that are low in calories.

Cook without oil – save 100-200 calories by cooking without oil or butter.

Eat more protein – people who eat more protein feel fuller so the need to snack is lessened.

Cut down on sugar – try and start by reducing/cutting out sugar in your tea and coffee.

Switch to homemade sauces – branded ketchup and sauces are loaded with sugar and salt. Try making a homemade salsa to flavour your meals.

Change from full fat to low fat dairy – check out labels on milk, yoghurt, cheeses.

BREAD

I love bread but it can really pile on the pounds if you eat too much of it. Here is a list of varieties of bread showing their calorie content per slice:

White bread: 95, Wholemeal: 95
Crusty white roll: 195, Soda bread: 75
Pitta bread (white):175, Sourdough: 120

Here are some reasons why you may not be losing weight:

- Not getting enough sleep
- Skipping breakfast
- Eating before you go to bed
- Getting stressed
- Using the microwave oven too much
- Not exercising



Your Wellbeing newsletter will be reverting to monthly from next week! As always if you have any feedback, ideas, recipes etc please share them with emily.hendin@cpjfield.co.uk : we're all ears!