

# Why are we doing it?

The things we are striving for require us to be at our best and we have more chance of achieving them if we are energised, rested and focused.



# Healthspan v Lifespan



# Healthspan....

---

So what leads to a reduced health span - you can probably guess....

- Poor diet (too much processed food, not enough plants)
  - Smoking
  - Being 'over' or 'under' fat
  - Not moving enough
  - Stress, anxiety (including loneliness and isolation)
  - Not enough time for you
  - Consistently getting less sleep than you need
- 



This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)

# My Top 10 – Control what YOU can control

---

1. Start/ end the day without tech
2. Have a morning routine – for YOU – include some planning and focus
3. Get outside for 20 mins a day – maybe a walking meeting/ phone call?
4. Tech free lunch – even if its 15 mins
5. 1 min deep breathing (see no. 2)
6. Be PRESENT with those in your community
7. Practice daily gratitude
8. Do something you love EACH day – even if its 5 mins
9. Focus on balance when it comes to food
10. Learn a new skill/ set yourself a challenge

# TALK

- Email - [Joanna@shuretycoaching.com](mailto:Joanna@shuretycoaching.com)
- Facebook @shuretycoachingHC
- Instagram – shuretycoachingHC
- LinkedIn – Shurety-Coaching

