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The Wisdom Mentor™

HEALTHY BODY | MIND | BUSINESS | LIFE

The Wisdom Quadrant™

BUSINESS | FINANCE | WEALTH | HEALTH

5 simple alterations you can implement immediately for a “Complete Balanced Lifestyle”

1. **Healthy Body**, this features the *first two parts of the ‘5’, Nutrition and Exercise:*
 - a) **Nutrition** ~ instead of reaching for coffee in the morning, switch to **Lemon and Water** first thing. Why ... *boosts your immune system, balances pH, assists weight loss, aids digestion, acts as a natural diuretic, clears skin, hydrates lymph system ... why wouldn't you?!* Add a small slice of root ginger which is *anti-inflammatory and has antioxidant compounds* and you are good to go!
 - b) **Exercise** ~ after hydrating with your **Lemon Water** and **healthy nutritious, protein-rich breakfast, move your amazing body**, that is what it was made for after all and you will feel energised for the whole day! *Dance, Rebound, Skip, Hula Hoop, Yoga, Pilates, Martial Arts, Swim, Cycle, Run, Row, Weights*, whatever takes your fancy on any given day. Make sure you have various types of exercise or sport you can access to ensure all muscle groups are being exercised throughout the week. Attempt to have some home fitness equipment as well as attending classes etc so that you will exercise daily or at least 5 times per week for at least 20 mins (30 mins+ is preferable).
2. **Healthy Mind** as you have likely deduced, is **Meditation**. Many people prefer to Meditate before rising for breakfast, hence it is good to have water in your bedroom to drink a glass or two as you wake before Meditating for 15-20 mins per day. Meditation brings *calmness and clarity to mind* and sets up your day perfectly. There are both physical and mental benefits to meditation, **Physical benefits include:** *lower blood pressure, increases serotonin production improving mood and behaviour,*

*decreases any tension-related pain such as headaches, ulcers, insomnia, muscle and joint problems, improves immune system. **Mental benefits include:** decreased anxiety, emotional stability improves, creativity and happiness increase, sharpens the mind, makes you consciously aware of your inner self.*

3. **Healthy Business** means all aspects running smoothly, especially your finances, whether doing it all yourself or with help. One of the best ways to do this is to join a Membership group that has an online closed Facebook Group to *ask questions, seek and provide support, show your expertise, make offerings, collaborate, give and receive feedback on your Website/Courses/Copy/Design etc as well as be accountable to achieve weekly and monthly activities*, driving your business forward in the most healthy way possible.

4. **Healthy Life** relates to your **Relationships** with all around you, whether loved ones or business associates/colleagues. One of the easiest things you can do is to understand someone's **Love Language** to better understand what makes them tick. There are **five Love Languages**: *Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, Physical Touch*. Once you know these you will become a master at getting the best out of everyone in personal and professional environments, an enviable gift and secret weapon! Make sure they know your Love Language too, which will of course vary and alter over time according to the relationship dynamic.

So there you have it! 5 things to quickly integrate into your daily life, for a **Healthy Body, Mind, Business, Life**. These benefits are by no means exhaustive, we have only touched the surface here if you have the desire and curiosity to learn more, please contact Rachel via info@thewisdommentor.org or **07786 912 355** and visit <http://thewisdommentor.org> for full information about **The Wisdom Mentor™ One-to-One Mentoring and Group Training/Retreats/Seminars**.

About the Author

Rachel Gedney is a **Transformational Mentor, Trainer and Lifestyle Entrepreneur** who has had the privilege of assisting hundreds of clients attain the Complete Balanced Life they desire with fulfilling work to support it. With a childhood in the Middle East and extensive work within the International Salsa Dance Community, Rachel assists many clients wishing to live the Laptop Lifestyle, at Home, Overseas or Travelling. She openly admits to being a "Recovering Perfectionist!"