

5 things I've learnt:

From Moira Mevissen – Women's Health Conference Organiser



- * Our bodies are miraculous – when I look at my physical journey over the last 12 months from giving up smoking, losing 47 kgs, reversing the beginnings of diabetes, and feeling more energetic and fit than 30 years ago, I have a true respect for the body's ability to heal and capacity to forgive shocking lifestyle choices.
 - * What we eat affects our whole body – an overload of sugar, for example, leads to mental and emotional slumps
 - * Baby steps are better than no steps – Small steps done regularly lead to healthy, new habits and big improvements.
 - * Life ALWAYS presents opportunities – so take advantage of these and run with them.
- * Solvitas Perambulam – 'solve it while you walk'. It's amazing what a brisk walk can do to the mind and body. Our bodies were meant to move!

Moira Mevissen is organising a women's weekend 'Symphony of Health' retreat in Port Stephens from August 12-14, 2016.

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