

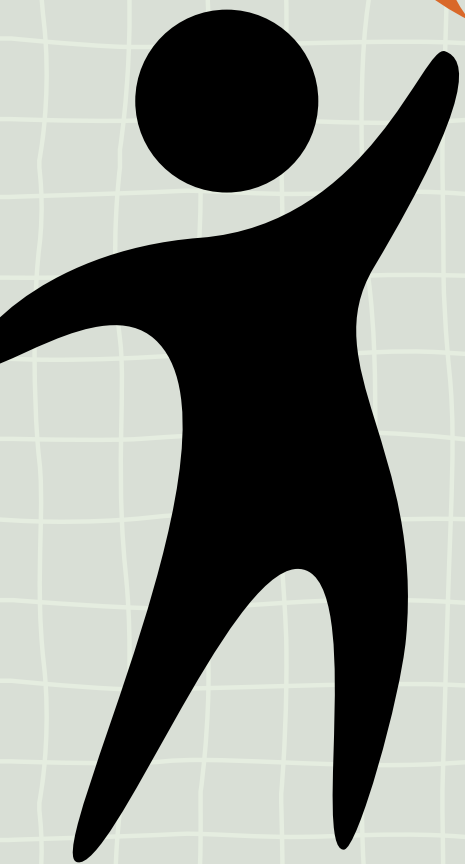
TOTAL
HEALTH
CONNECTION

Wellness Challenge

#3

You're A

WINNER!



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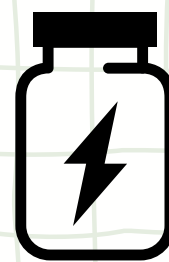
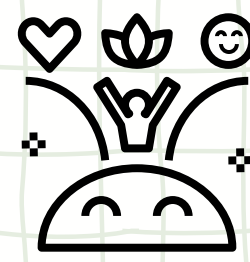
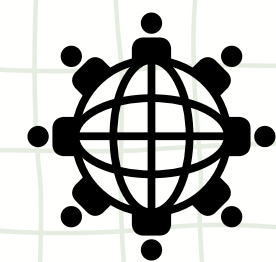
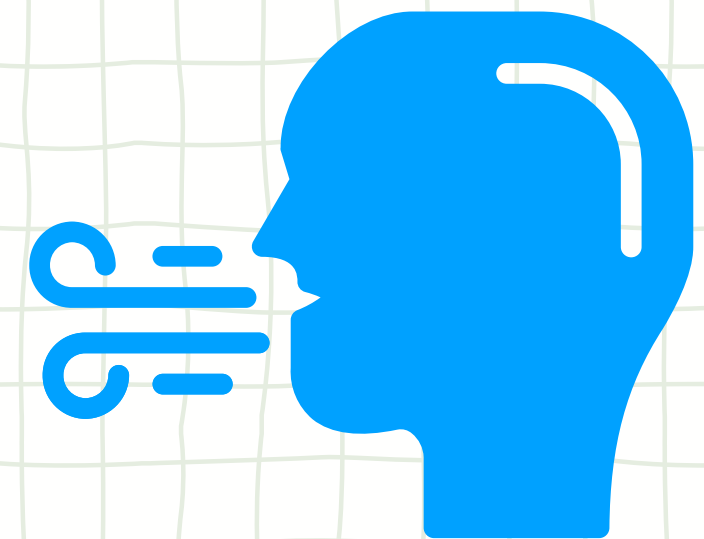
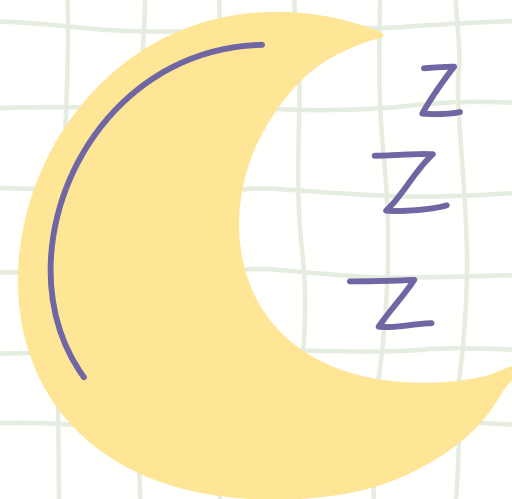
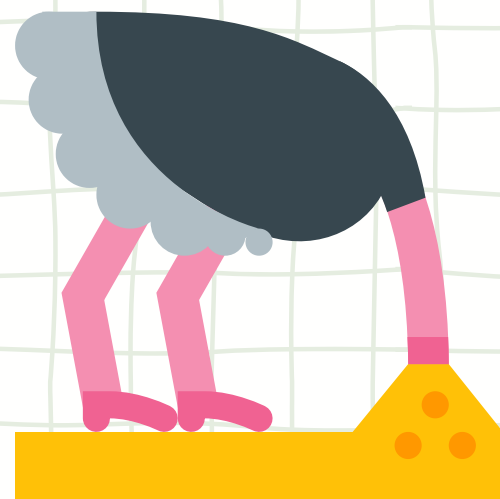
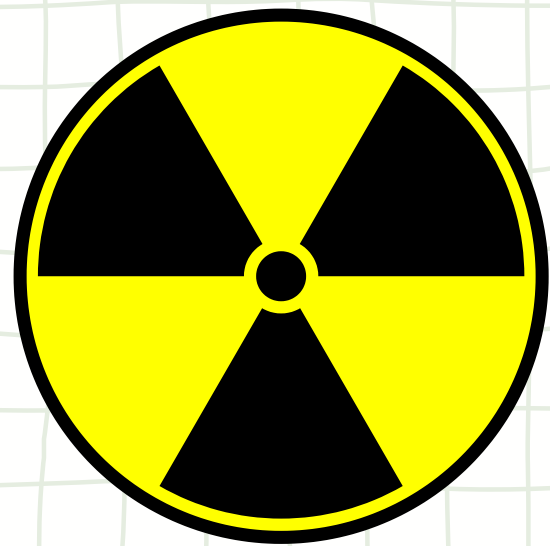
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“What gets measured gets improved”

The things we measure are the things we improve. It is only through numbers and clear tracking that we have any idea if we are getting better or worse. – When I measured how many pushups I did, I got stronger. – When I tracked my reading habit of 20 pages per day, I read more books.

Peter Drucker. Management consultant, educator, and author.

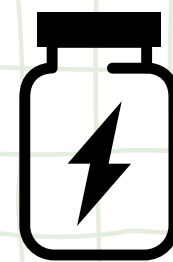
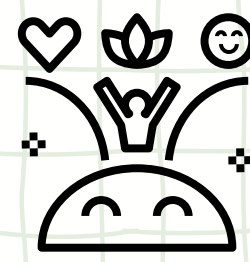
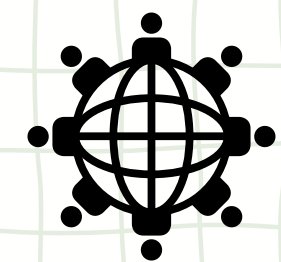


8 Benefits of Time Restrictive Eating & Fasting

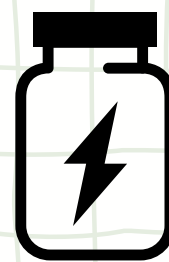
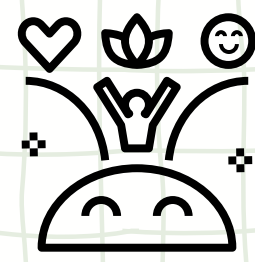
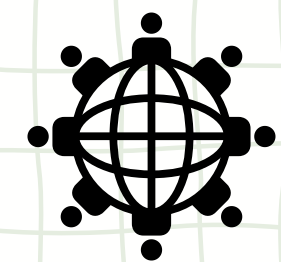
- 1. Promotes Blood Sugar Control by Reducing Insulin Resistance**
- 2. Promotes Better Health by Fighting Inflammation**
- 3. May Enhance Heart Health by Improving Blood Pressure, Triglycerides and Cholesterol Levels**
- 4. May Boost Brain Function and Prevent Neurodegenerative Disorders**
- 5. Aids Weight Loss by Limiting Calorie Intake and Boosting Metabolism**
- 6. Increases Growth Hormone Secretion, Which Is Vital for Growth, Metabolism, Weight Loss and Muscle Strength**
- 7. Could Delay Aging and Extend Longevity**
- 8. May Aid in Cancer Prevention and Increase the Effectiveness of Chemotherapy**

REF: https://www.healthline.com/nutrition/fasting-benefits#TOC_TITLE_HDR_8

Health seekers have made healthline the fastest growing health information site with over 200 million people turning to healthline every month.



Nadia Sawalha 16/8 (some good some bad :)

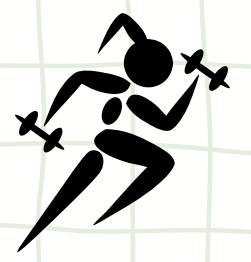
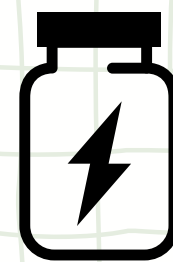
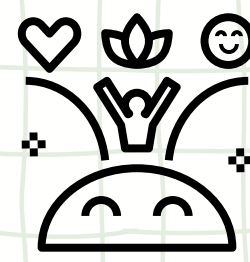
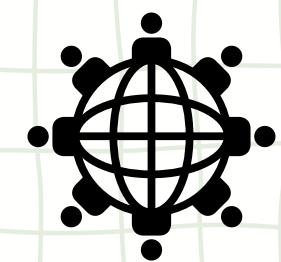
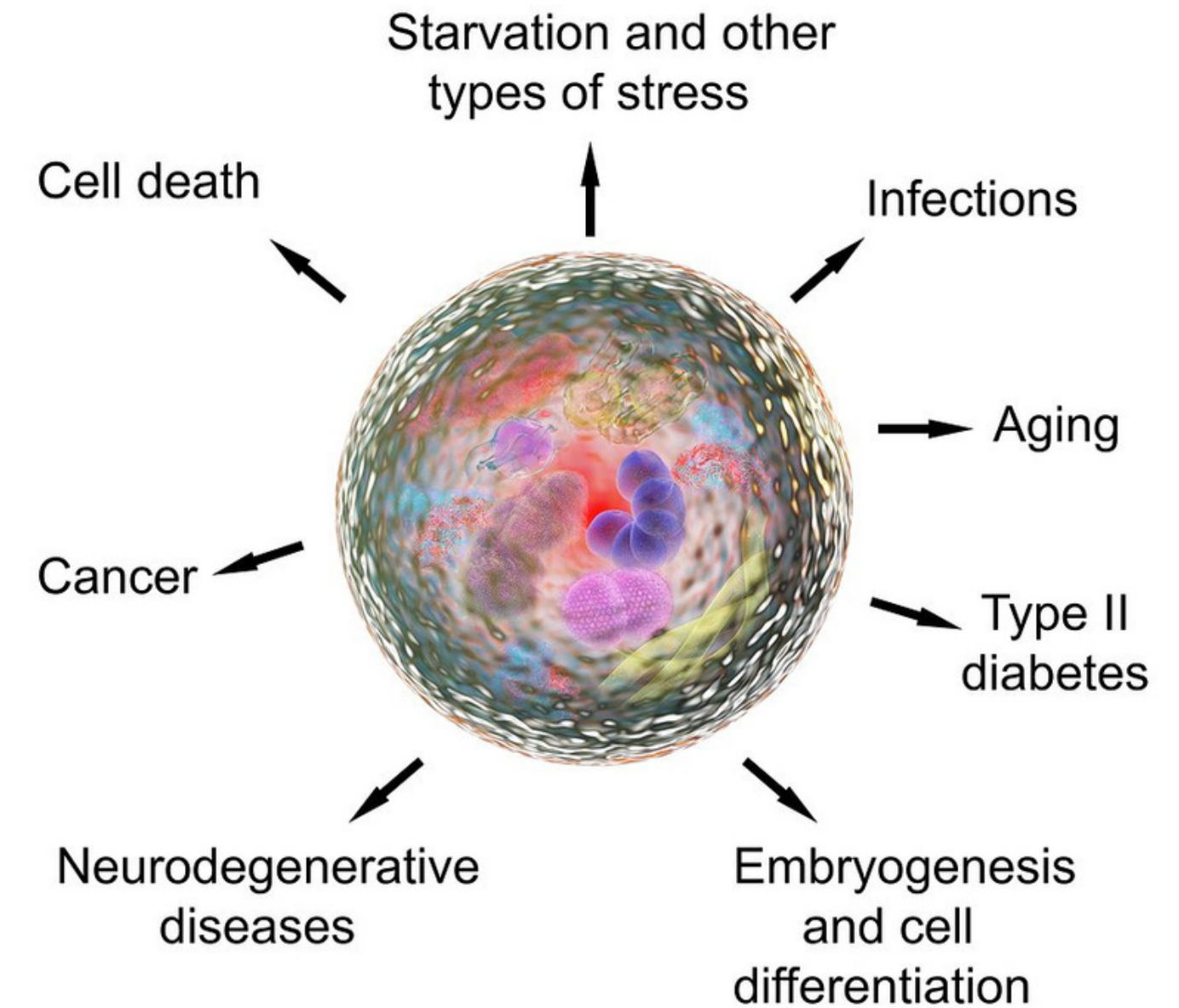


Benefits of Fasting & Time Restrictive

Autophagy

Can help remove cellular waste and keep genes stable within a cell.

It may also help get rid of ageing cells and decrease inflammation in the body





“When I was a young man, I wanted to change the world.

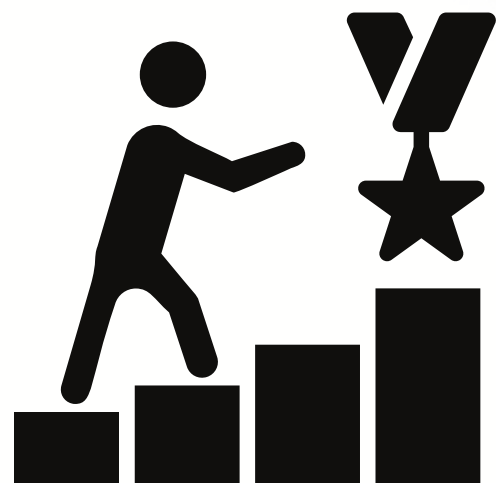
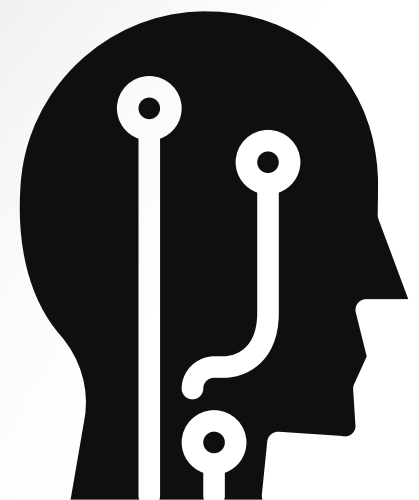


I found it was difficult to change the world, so I tried to change my nation.

When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family.



Now, as an old man, I realise the only thing I can change is myself, and suddenly I realise that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.”



Watermill Wellness Challenge

Total Health Connection

In Addition To A New Positive Habit OR Goal achievement:

Bronze £10

Silver £15

Gold £20

