

# WELCOME

## A HEALTHY START

Aqua Pura is proud to be an official partner of Tesco and Cancer Research UK's Race For Life 2011. Each year thousands of women across the country walk, jog or run 5k to raise money for Cancer Research UK's life-saving work.

This year Aqua Pura will be there every step of the way. We'll be handing out free water at over 300 events and our very own Aqua Pura team is already limbering up to do their bit. Whether you are joining a race or just want to stay hydrated as part of a healthy diet and lifestyle, this guide will help you change your daily routine through simple, easy-to-follow steps.

With the help of life coach Rebekah Fensome we will give you the tools you need to reach your fitness goals. Remember, that it is a good idea to consult your doctor if you are making any major changes to your usual exercise or diet.



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“Together we will achieve your goals by taking positive steps towards setting and achieving reachable goals.”

*Rebekah*



## REBEKAH FENSOME

Rebekah Fensome (BSC Hons) is an accredited professional life coach and coaching psychologist. She has had her own private life coaching practice for four years and coaches a diverse range of people.

Rebekah is often asked to give her expert opinion on various topics for Psychologies magazine, Glamour and Zest. She has her own column in Psychologies called Rebekah Fensome's Life Coaching diaries.



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Rebekah Fensome's top tips for a

# PURA BODY

1



Treat your body with respect by cutting out cigarettes and alcohol. Why not spend some of the money you save on massages, facials and other lovely treatments that your body will thank you for.

2



Accept how you look. Understand that we are all made differently and if we all had the same shaped bodies that would be pretty dull. Love the way you look.

3



Do not skip breakfast as it is one of the most important meals of the day and gets you on the right track for a productive day.

4



Give yourself an energy boost in the morning by taking a shower instead of a bath, use scented creams to stimulate the senses or walk briskly to the train station, bus stop, etc.

5



Keep yourself hydrated by drinking lots of water. Some people believe that water can reduce the appearance of cellulite and help to give you a clearer complexion.

6



Make small changes to keep active. Walk up those stairs, get off the bus one stop early, or take a friend to the gym with you so you keep fit together.

Why not sign up for **Race for Life**? Visit [www.raceforlife.org](http://www.raceforlife.org) for information.

PIN ME UP

# CALENDAR

Writing a diary is one of the best ways to focus your mind and get yourself organised. Use our planner to keep track of what you are eating and how much exercise you do.

## REBEKAH'S TIPS TO YOUR SUCCESS

Use the tips below in conjunction with the planner to get the most out of your new regime – GOOD LUCK!"

- Put your planner up on the wall where you can see it so you are reminded each day of what you need to do.
- Be realistic when you set your actions and goals for the week so you don't have to push yourself too hard and become disappointed with the results.
- To keep your motivation going tick off each day when you have completed your goal.
- At the end of each week, If you've completed all your actions and goals then give yourself a small reward. This fuels your self-appreciation levels.
- Ensure you're staying hydrated by drinking lots of water.
- Don't get demotivated if you don't complete something one day, just put it to one side and make a pact with yourself to complete everything tomorrow.
- Keep going. It'll be worth it when you cross that finish line.

	MONDAY	TUESDAY	WEDNESDAY
<b>WEEK 1</b>	Snacked on fruit today instead of chocolate.	Walked to work today instead of getting the bus.	Signed up to Race for Life.
Glasses of water:	7	9	8



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DON'T FORGET YOU CAN BUY AQUA-PURA FROM MAJOR SUPERMARKETS AND SELECTED CONVENIENCE STORES

START DATE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>WEEK 1</b>	Ensure you have a bottle of water at your desk throughout the week.  Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Total glasses of water:
<b>WEEK 2</b>	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Drink plenty of water before you go to bed after a night out. 	Glasses of water:	Total glasses of water:
<b>WEEK 3</b>	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Glasses of water:	Total glasses of water:
<b>WEEK 4</b>	Glasses of water:	Glasses of water:	Glasses of water:	Choose a bottle of water over your usual cup of tea or coffee. 	Glasses of water:	Glasses of water:	Glasses of water:	Total glasses of water: