



# Helen Henry

## Outdoor Life Coach

OCTOBER 2021 NEWSLETTER

### LATEST NEWS

#### Step Challenge

In October I ran another free challenge, this time to see how many steps you could do during the 5 days. Each day we increased the target with the aim of getting to 10,000 steps. It is recommended that every day we should do between 6000 and 10,000 steps.

I found it really interesting and a little scary that on a tutoring day, when I am mostly sitting down teaching, or driving to and from work I would do as little as 2000 steps in a whole day. I now at the very least walk to and from school on these days or go for a run.

So what do you do on your days? Are you always on your feet and therefore do 10,000 easily or are you also sitting down working and need to make more of an effort to get those steps up and therefore improve your health?

Thank you to those people who took part, I had the most wonderful feedback. Emily took part every day and said "thank you for the invite, Helen has definitely made me realise the importance of keeping up the movement".

It was so good to see your recorded steps and to hear what you had done in the day to get your steps up. Well done to Claire's family for the record of 17,000 in one day, with little legs too!



### 5 TOP TIPS

How to make a change:



- #1. Write a list of what you want to achieve
- #2. Write down all the different ways you could get there
- #3. Choose one to start now
- #4. Write down what you don't want to do anymore and why.
- #5. Write down how you could change this.



# CELEBRATE

## *My husband!*

Today I would like to thank and show my gratitude to Rich, my husband, who works long hours, in a job he doesn't really like so that the children can have their Mum before and after school. It was something that we decided we wanted to be able to do when I was first pregnant but as time has gone on it is evident that he has pulled the short straw. I can't imagine how hard it is for him knowing that we are together much more than he is. Sometimes we have up to 4 hours more time together, whilst he is still working. For a dad who enjoys being with his family and wants to be with us, it must feel very hard and unfair.

So this is a thank you for working where you do, so I can work flexible hours and be with the kids more.

I wonder if there is someone in your life that you can take for granted but actually they make so much of what you do, possible. When it has been the same way for so long, you can sometimes forget the time and effort that they are putting in.



If anything in this newsletter resonates with you, and you want to chat, drop me a reply to this email.

Thank you,  
Helen

## **What to look out for next:**

***Monthly Women's Soul Stroll; to have some time out to find your headspace, move forward with your goals and peace of mind.***

- *Come and join me for a beautiful group walk at the Ashridge Estate.*
- *Book on different days of the week to accommodate work and family commitments.*
- *All fitness abilities welcome, more of a stroll than a hike.*
- *2 hours for £27*
- *Please Book below:*

<https://bookhrhlifecoach.as.me/soulhike>



## **Is it too early to mention Christmas presents?!**

If you would like something different for your family or friends, how about a voucher to use with me, life coaching either outdoors, walking and talking or on the phone, if you are further away. Use the QR code here to buy now:

