

Innovation Day 2010

Wednesday 21st April

DeMontfort Healthy Living

Margaret Duggan – DeMontfort Healthy Living
Dr Wesley Randle - University of Bedfordshire



DeMontfort Healthy Living

www.demontforthehealthyliving.co.uk

‘The greatest wealth in life is health’

Virgil

What we do at DeMontfort Healthy Living and why we do it






*Practical and achievable
small steps to the best of health*

Up to date and current knowledge relating to health, life-style, and health products and practises.



The Health Ranger
Author, Investigative Journalist, Educator



Available for ...

- Interviews
- Key Note Addresses
- Seminars
- Corporate Education



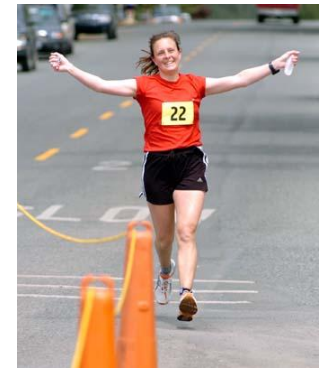
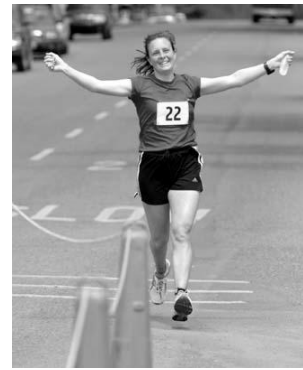
TIMESONLINE

‘Unused swine flu doses leave taxpayers facing a £150m loss’

Follow up support and advice ...



LOOK GREAT
FEEL BETTER
WORRY LESS
LIVE LONGER



... to continue progress and inform

Think ...

Feel ...

Mental Patterning

Think ...

Think ...

Feel ...

Feel ...

Feel ...

Think ...

Do ...

Day after day

Day after day

Do ...

Do ...

Think ...

Do ...

Day after day

day after day for better or worse



These mental patterns of continual repeated behaviour, prevent us from making changes in our lives.



**A passion for helping people
who are ready to change their mind
and so change their body**



Dame Carol Black - National Director for Health and Work

'Working for a healthier tomorrow' March 2008

'Employers, communities and the taxpayer all bear the costs of 'working-age ill-health' which is estimated to cost around £100 billion every year'.

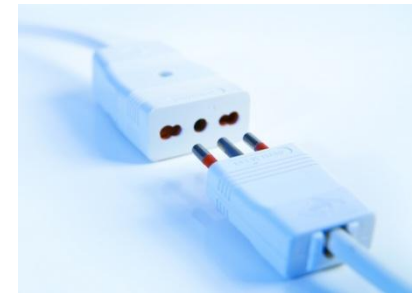


Most of us spend 60% of our waking hours at work,



...sitting at a desk for prolonged periods of time.

What we can't see can hurt us over time



As our digital and wireless office becomes more technologically advanced, so it appears our mental and physical health deteriorates.



You cannot cheat your biology



**YOU are what you absorb
through your mouth, skin and mind**

Intense emotion

Poor diet

Dehydration

Continuous exposure to electromagnetic
environment

= STRESS + ILLNESS

First steps to change a habit - 21 days?



Hydration

Nutrition

Ergonomics

Movement

Fresh Air

Innovative ideas to initiate change



What would it take to enable you to step away from your desk?

**Thank you for your attention,
energy, contribution and participation**



DeMontfort Healthy
Living

Changing Your Mind & Body
Inside Out

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www.demontforthehealthyliving.co.uk