



Letter of the month

'I CAN FIND TIME TO EXERCISE!'

I want to say many thanks to *H&F* for helping me find the space to re-introduce exercise into my life. I was one of the women who took part in the May article 'Are you too Busy To Exercise?' and now feel especially motivated to reach my longer-term physical goals. I'm

extremely grateful to *H&F* for providing me with a strong sense of reality at what is quite a difficult time for me physically and emotionally, being a single parent with three children under the age of five, and at a career crossroads. Fitness and motivation coach Jeff Archer re-awakened my confidence, and reminded me it's self-defeating to compare yourself with others.

I really enjoyed the photo session. It was a scary moment of truth facing my post-pregnancy body, but I am 100 per cent glad I took part. In fact, with continued reading around my issues about food, weight, body image and self-esteem, plus the fact I'm already reaping tangible benefits from yoga and Yogalates exercise, my motivation is on the increase. I feel really positive about it all!

Anna Kasket, Norfolk