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--AGENT RENOVATION -10 easy ways to change your body from renovator's dream to hot property - with Kylie Fountain

"Our bodies are our gardens. Our wills are our gardeners - William Shakespeare

(Kylie Fountain has wide experience and qualifications in the health and fitness industry. She is a Cert 4 Outdoor Recreation and Fitness trainer, is a certified Pilates and yoga instructor and has a Diploma in Remedial Massage. She is also a snow ski instructor and professional ski patroller working both in Australia and overseas in Japan and French Polynesia. Kylie also is a trainer with the Fountain Auction Academy.)

If the body were the temple for the soul, what would the property value of your temple be?

Most of us could probably admit that there are a few cracks in the ceiling; cobwebs under the rafters and a point job would not go astray.

Leaving emotion aside and looking objectively at yourself and your life, what do you see?

- Are you in the best shape you can be both physically and mentally?
- If you were a house, would people snap you up as a place they'd like to live? Are you a prime piece of real estate or a manly hovel?

You, as agent, are the "front door" as such for both vendor and buyer. If you are healthy, calm and happy, then that sends a message to your clients that "this is a person I can trust". "This is someone who takes the time to look after themselves, therefore they may show that same commitment to me and my needs."

1 Good health is from the inside out. No amount of designer clothing or makeup is going to cover the errors of a healthy diet. A healthy, glowing skin, bright eyes and shiny hair are the natural benefits of eating well.

2 Eat foods as close to the natural source as possible. Try to eat foods that are in their natural state or only one step along the processing line.

3 Eat colours, not numbers.

- Eat as many coloured foods as possible.
- Aim for 5 different coloured foods on your plate per meal.
- Look at the labels - try not to eat foods containing a lot of numbers.

4 Eat fruits and vegetables in season.

- In addition to supplying essential nutrients and fibre, fruits and vegetables have either cooling or heating properties for the body. Tropical summer fruits are cooling, whereas winter vegies, legumes and pulses are warming during cold winter months.
- If you are unsure about which fruit or vegies are in season, just look at the prices in the supermarket. Cheaper fruit and veg are those in season.

5 Drink plenty of water. We all know this one, yet how easy is it to become caught up in the bustle of the day and forget to drink anything other than coffee? Fill a 2 litre bottle of water in the morning and aim to drink it all by the end of the day.

6 Treat yourself. Eating good food is a pleasure, not a punishment. If you're like me - a chocoholic - aim to buy the most delectable 70-85% cocoa chocolate you can find. A couple of squares of this treat will satisfy the sweet craving as well as being good for you.

7 Thoughts become words become actions.

- Each time you think of exercise, do it. It doesn't matter how small the amount

or exercise may be, it is cumulative and builds your fitness base.

- Some easy chair exercises include neck rolls, bottom clenches, spinal twists, arm stretches and leaning forward from the front of the chair.
- Get up from your chair every 20 minutes and walk around. Try some wall push-ups in the corner of the room. Stationery squats against the wall are also fantastic for building up the glutes, hammies and quads.
- Fire escape stairs are just made for running - try a few laps of these twice a day.
- Try substituting your chair for a Swiss ball that will build up core strength as you work.

8 Walk to inspections rather than driving. Try parking your car a few blocks away from property inspections and walk the rest of the way. In addition to arriving with a healthy glow, it gives you a chance to check out the neighbourhood and be able to better service your clients.

9 Breathe. Stop for a moment and think about where your breath is coming from. Is it in your chest? Try to bring the breath down into the base of your ribs, the diaphragm. Notice the way the tension drops from your shoulders, allowing you to feel calm.

10 Take time out.

- Exercise is fruitless if you don't take time to relax, breathe and just be. For some people this can take the form of sitting somewhere quiet with eyes closed. For others it may be sitting on a patch of grass in the sunshine.
- Whatever it is that gives you a window of sanity each day, take the time to practise it each and every day.
- For me, those moments just before sunrise are golden times to sit, breathe and simply be grateful for the life I've been given.---

I guess her father will have to be taking her advice! See you on the health track as I hopefully lose 20 kilos!

Kylie may be contacted direct by email at kylie@fountainandco.com on health or activities matters.

Carpe diem

Tony

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