
THE COACHING CORNER

A Little Coaching Today for a Brighter Tomorrow

In this addition of the The Coaching Corner we will look at some wellness steps you can take to improve your personal and professional growth.

WHY EXERCISE DURING THE PANDEMIC IS SO IMPORTANT



The Freshmen Fifteen has nothing on Quarantine Fifteen! There's nothing wrong with the natural fluctuations of weight gain or loss, it's just the body's way of responding to changes in activity and diet. However, many people in the various global lockdowns that have struck the world since late 2019 have experienced such a severe and sudden lack of activity that they have begun gaining weight too rapidly for the body to process. How many people? RunRepeat did a survey of 19,903 people in 140 countries and had these key findings to report:

- Globally, 35.82% of people reported they gained weight during the pandemic
- Of those that gained weight, 71.25% gained more than 5 lbs.
- The United States had the highest percentage of people gain weight (40.52%) during the pandemic
- The UK had the most respondents managing to lose weight (40.54%) during this pandemic, while the US had the least (27.71%).
- In comparison to men, women were **14.17% more likely to gain weight** and 16.82% less likely to lose weight...[Read More](#)

3 EASY STEPS TO IMPROVE YOUR EATING HABITS



We need food to survive and regardless of what Kate Moss famously said, there are a hell of a lot of things that taste better than skinny feels: Pizza. Mac and Cheese.

Burritos. Lasagne. Sushi. Chocolate. I mean, the list really can go on forever. And the amazing thing about food is the endless creativity which takes things that are already delicious (for example, a cheeseburger) and makes them even more delicious simply by adding ingredients (like a bacon cheeseburger). This article is not an attack on food, but rather the negative relationship that sometimes comes with food.

Food can in fact sometimes be like a toxic relationship—we can gauge our self-worth on it, we can hide aspects of it from others, and we can obsess over it until it makes us sick. According to **ANAD, the National Association of Anorexia Nervosa and Associated Disorders**, eating disorders effect 9% of the worldwide population. That’s approximately 630 million people struggling in their relationship to food every single day. These people have been failed by a society that is obsessed with diets both for weight loss or gain. We are more than the food we consume. We are more than a number on a scale. Here are three healthy ways you can improve your eating habits...[Read More](#)

THREE FOODS THAT MAY BE ZAPPING YOUR ENERGY



Professional work environments are high-energy places! Many business professionals wake up early in the morning to a schedule packed with meetings, catch-ups, and projects to complete. Science Daily published findings from the University of Surrey that suggests high energy in the workplace leads to higher workplace retention, **reducing employee turnover**. So having a busy day is great! Except when you've worked through your lunch hour and now you're looking up at the clock realizing all you've had to eat today was a banana, some peanuts you found at the bottom of your bag, and about ten cups of coffee. That's when high-energy turns to no energy very fast. Let's take a look at three foods that may be affecting your energy during the workday... [Read more](#)



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To learn more about the differences between these practices, please watch this short video: https://youtu.be/YNro_Aadz2w

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