



Feel Good Function Well – Interview Series

Resilience and Wellbeing is such a big topic, so I am always keen to hear from others about what it means to them and the impact it has in their life. Having an insight into what works for someone else may inspire you to try out something new.

I had a great time catching up with **Natalie Newcombe** and learning more about her and her role as a Beach Body Coach.

Read on to find out how, changing your relationship with food, can transform your health and wellbeing for the better.



What does Resilience and Wellbeing (RAW) mean to you?

Resilience is being able to cope with stresses and pushing through when things are really hard, or you are faced with challenges. I see wellbeing as feeling good about yourself, both on the inside and the outside.

If you had to pick one RAW pillar that is most important to you, what would it be and why?

Each one I looked at I thought 'that is so important' but the one that really stood out for me is 'Nurture' because I know that, if you are not in a good place, then you can't look after anybody else or generally deal with life! But they are all important and super!!

What has happened to you recently that improved your Wellbeing?

I have been on a gradual journey of improving my health from a place of feeling lethargic all the time and where my mental health was a bit on edge. I wanted to be able to help myself so I started looking into how diet can affect your moods and reading up on personal development. Diet was a massive shift to cleaner eating and controlling portion size. I don't feel so sluggish now and I notice that when my diet is better, I can cope with things much better than when I eat more processed foods. I still love the odd treat but I realise now that food is fuel!

What is your favourite quote, book, film or article about RAW?

Oh, I have so many because I have been devouring personal development books and like to read a variety! One of my favourites is Rachael Hollis 'Girl Wash Your Face' which is a brilliant book! I really enjoyed it because each chapter is based on a lie, one we usually tell ourselves. It then explores ways of overcoming that lie and to be a stronger and more confident person; not listen to the inner mean girl who we all have in us! I also love 'Superlife' by Darin Olien. This book has changed the way I look at the food I put inside my body ... that's not to say that wine and cake don't enter my mouth, but I am more aware! Each chapter is dedicated to a life force that we need to survive such as water, food, oxygen and how it effects our bodies!

Who are your RAW role models?

Wow! I have got so many from my everyday life but, then again, you never know what is going on behind closed doors. One of the things that I have learnt is that even the people that I look up to and love have all had issues. There are some inspirational people at Beach Body and they are very open with their struggles but I couldn't pick one person – there are lots of people! That's such a tricky question!!!!

Feel Good Function Well

What is your top tip for feeling good and functioning well?

DIET!

Exercise is important for mental health, but you can't out exercise a bad diet!

Diet makes you feel better about yourself and then you feel more active ... whether that is going for a walk or something more strenuous!

Beach Body has changed my life! I used to yoyo diet and had such a bad relationship with food and couldn't keep going with exercise plans. I now realise that the missing ingredient was groups. They have motivated me as an individual and as a coach!

I've been on this journey for almost 2 years now. Initially I focused on myself and then moved to helping others, which I absolutely love!

What is the best part of your day and why?

I have quite a few that I love but I really love the early morning because no one else is up and I take the time to focus my mind for the day ahead.

I am up early to do my workout but, before that, I always do my devotions which include gratitude, bible readings and some personal development. Gratitude is so important, especially on the days where it's harder and then you realise how lucky you are to have things like your health and a roof over your head!

If Wellbeing were a place where would it be?

On the beach. It could be a Cornish beach or a beach in the Bahamas. Any beach is my happy place!

What are your best experiences that you can draw on during tough times?

I am quite good at reaching out to people and have a good support network that I will go to. I appreciate people who can be honest with me and give me a different perspective. I also have my faith which carries me through. I have also found through my personal development reading, that you can't let things spiral, you need to take tiny steps at a time. One of those steps is reaching out to friends and that then makes it easier. If you don't have a strong support network, try and create one, even if it is online. I have met one of my best friends through the Beach Body network!

What type of music (or specific song) makes you Feel Good and Function Well?

I like lots of random music and can never remember what a band is called so I couldn't really pinpoint one!

Can you tell me a bit about your business and how it links to RAW?

I run online group fitness challenges. Once people have signed up, I will put them into a challenge I think will suit them best, so it could be just nutrition, workouts or both. It is tailored to the individual, finding out what they don't like and what their needs are. They are then added to an online group where we build up the community as everyone can post top tips and struggles to support each other before moving onto a larger group. We also support their personal development, so may recommend books that might be useful to focus on their wellbeing and boost their resilience! As it is online you can join from anywhere in America, Canada and the UK and we will be expanding to France soon too! It's for men and women but I find I can relate to women's fitness more and therefore I tend to attract working mums with children. I think what I put on social media tends to be what I get back! It is also for all ages and the oldest challenger is 80!

If you could use one word to describe what you do what would it be? FUN!!

How can people find out more about what you do?

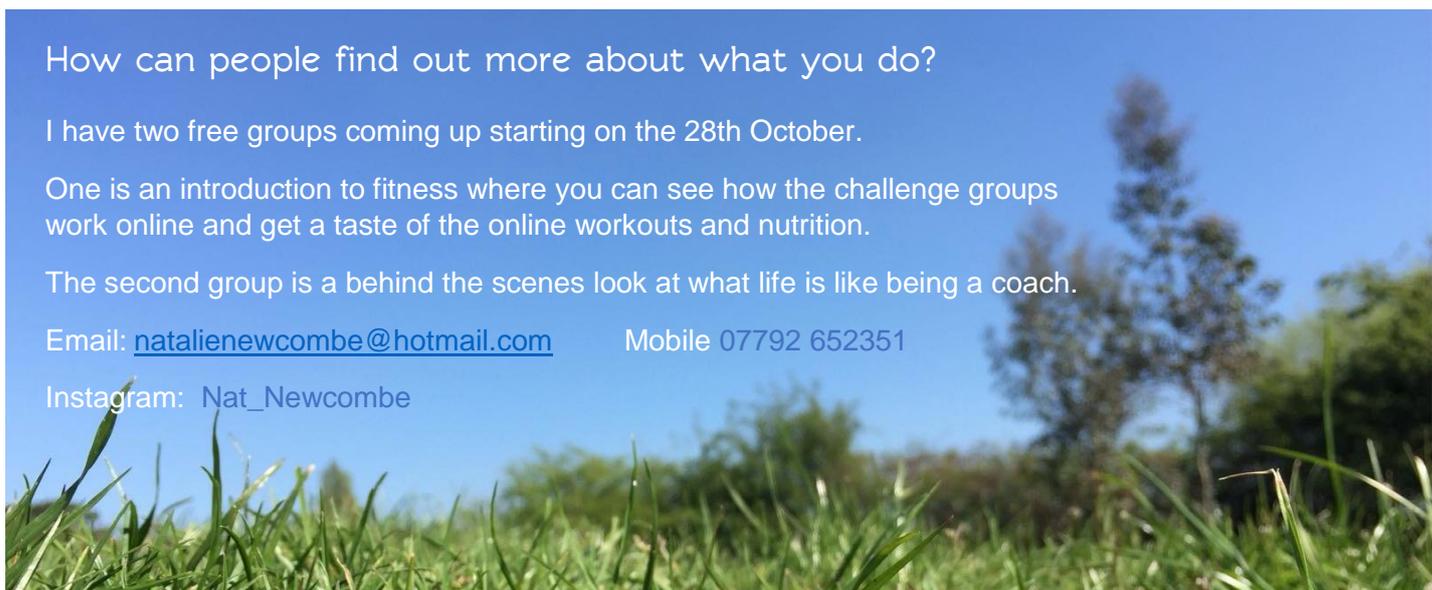
I have two free groups coming up starting on the 28th October.

One is an introduction to fitness where you can see how the challenge groups work online and get a taste of the online workouts and nutrition.

The second group is a behind the scenes look at what life is like being a coach.

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Why not share your own thoughts on what makes you Feel Good and Function Well by connecting with Lordene Learning on social media using #feelgoodfunctionwell

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