



HEALTHY LIVING

Jan McLeod is passionate about inspiring, informing and empowering people to achieve long-term quality health.



What does your business do? Mad for Health offers personal and business nutritional consulting services on healthy eating and mindful-living through one-on-one nutrition consultations, health and wellbeing programs, seminars, workshops and events.

The business was ignited by my passion to inspire, inform and empower people to achieve long-term quality health. I believe knowledge and know-how are the keys to good health, so the focus of the business is to balance nutritional support and guidance with a strong emphasis on education around food and healthy living fundamentals.

What do you love most about your work? I love helping people to improve their health and wellbeing. Seeing and hearing the mixture of relief, joy and sense of achievement clients feel when they reach their health goal is just wonderful.

What's been the biggest obstacle you've had to overcome? The biggest obstacle in setting up my business was being prepared to take the financial risk of investing in my own business and giving up a regular monthly salary. First, I examined and reflected upon my underlying fears and concerns. It resulted in me reframing how I think about money and having clarity of the financial boundaries I was comfortable living with.

Second, because my choices were not only going to impact how I lived but also how my family lived, I worked hard to build a strong financial base, which included creating a financial nest egg that I could use to launch and build my business.

Who inspires you? My clients. Change is challenging and personal change in particular is the most challenging. I find that us women are very good at looking after everyone else

MEMBER DETAILS

*Jan McLeod
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POSITION: Nutritionist and Health Coach

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in our lives. However, when it comes to investing and looking after ourselves, we often struggle to make the time. Changing eating and lifestyle habits, including your work habits, is an investment in you which takes desire, commitment and hard work.

What's the biggest lesson you've learnt in business? To have self-belief. It gives you the courage to be yourself, to never stop looking for new opportunities to learn and explore, to remain resilient and persistent in working toward your goals and to invest in expert advice when appropriate. I've also learnt to accept that life, both in and out of business, ebbs and flows.

What gets you out of bed in the morning? Each day being different. I like the journey of discovery. There is always something to learn, whether it be in the formal sense of reading articles, doing research or working with clients to help them unravel what is the optimal blend of an eating plan and health coaching they need to improve their health.

Do you have a Big Hairy Audacious Goal? Absolutely! To have people enjoy food and achieve long term quality health. In a time where we, as a nation, are being inundated with an explosion in the volume of information that tells us what to eat and what not to eat, we are seeing increasing numbers of those who are

overweight, obese or suffering from chronic diseases (think diabetes, cancers such as bowel cancer, cardiovascular disease) where poor diet, inactivity and poor lifestyle habits play a role.

We know across all age groups Australians are continuing to get heavier. The Australian Institute of Health and Welfare estimates 7 million plus Australians have at least one chronic health condition.

I work with clients creating personalised eating and living plans to improve their health, educate them of the consequences of poor health and coach them to understand what health means for them and how they achieve it long term.

The Big Squeeze Report: Work, home and care 2012, which reviews how work intersects with other life activities, found full-time women's dissatisfaction with their work-life balance has risen from 15.9 in 2008 to 27.5 in 2012. This to me reads stress. I work with personal and business clients to raise awareness of how stress can infiltrate their lives and help them adopt strategies to combat and manage stress more effectively.

I believe it has never been more important to be working in the health industry. I believe food is nutrition, that it is to be enjoyed and that the five key principles of fresh food, variety, balance, moderation and staying active are the fundamentals for healthy eating and mindful living.

If people are looking for guidance, advice and coaching on how to eat healthy and live mindfully, I would be honoured to work with them.



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