

INTERVIEW



Inner Sanctuary

Hot Brands Cool Places talked to Sarah Morgan, Founder of Health Matters 360 for an exclusive interview

What inspired you to set up Health Matters 360?

About 10 years ago I faced my own very scary health matter, when I was diagnosed with early cervical cancer. This coincided with me also hitting a burn-out both physically and emotionally, due to stress. It was only after I had lost my good health that I came to appreciate how precious health is and how important it is to take care of yourself.

I decided that I wanted to rediscover my own health in the most natural way that I could, so I set out on a very personal journey of discovery. I saw many health and wellbeing professionals - some good and some not so good - but what really surprised me was the overwhelming amount of information that is available, much of which is neither practical or sustainable and in many cases conflicting.

I came to a realisation that the most powerful combination for creating good health is getting the right balance of physical, nutritional and positive mind matters. It is when you create this joined-up approach that you can find your own natural balance for optimum health.

I set up Health Matters 360 to give people a really powerful place where individuals could work with the very best health and wellbeing coaches/trainers, to support them in an integrated intelligent way that allows people to manage their own health and wellness for the long term in their everyday life.

We are delighted to be able to offer both individuals and organisations the benefit of our integrated 360 degree approach, which helps them achieve the best results in the shortest time - for long term sustainable health.

It's the start of a working day. What would make it a perfect day for you?

I'm an early riser and enjoy sharing a healthy family breakfast each day, before dropping my son at school. I then undertake some gentle exercise to invigorate me before I start work with the Health Matters team.



The perfect working day would consist of a team creative thinking session to develop an exciting new health hub programme; an inspiring educational workshop for the NHS, which means spending time with our amazing group of patients whose progress and attitude is so motivational; and a meeting with a company suffering from workplace sickness to spread the message about Health Matters 360's influence in the corporate world.

At the end of the day I make a point of spending some really important family time before supper and then wind down with some gentle relaxation/meditation before an early night.

What are the key actions for working parents to help them stay healthy?

Make sure they take some time for themselves – be it walking, exercise or just some quiet time. Also it's important not to skip meals, no matter how much you have to do - always have some seeds/nuts/snacks in the car/handbag so that you can manage blood sugar levels with the right type of foods. Drink lots of water and also take the pressure off by realizing that sometimes you just can't do it all. Remember that saying 'no' to one thing sometimes means saying 'yes' to yourself.

How do you see the Health Matters 360 brand developing?

We are very excited at the feedback that we have received so far about the positive impact that we have had in changing people's lives both at an individual and a corporate company level. We have also had some great feedback from leading journalists endorsing the fact that we really do offer something very unique.

We are also working towards developing the HM360 brand within communities, the NHS, the corporate world and indeed wherever we can make a difference in helping people lead happier healthier lives.

We have an aging population, how can people prepare for a healthy retirement?

I believe that one of the most important things that we can do to prepare for the aging process is to educate ourselves about our own bodies.

By understanding what makes us tick, we can take greater care of ourselves and in doing so, can expect to lead longer, healthier and happier lives.



There are so many people either at or beyond retirement age, who are still hungry to get the most out of life and it is never too late to take a look at our lifestyles and how they can be improved.

Our entire ethos is geared towards sustainability and longevity, and we promote lifestyle changes that can be easily maintained, no matter how busy you are. We are, in effect, preparing our clients of today for a healthier tomorrow, the legacy of which should lead them towards a long and healthy retirement.

One of the biggest challenges for many people is the motivation to change their behaviour, how do you encourage people to be more healthy?

We are ideally suited to those with a history of yo-yo dieting as we provide an alternative sustainable solution that people can easily balance with their daily and often hectic lives. People often come to us out of a desire to change, but what we find can be most difficult is maintaining that motivation and sustaining a healthy lifestyle.

We advocate a life in balance and everything in moderation, rather than excluding things from your life. This makes for a much more sustainable lifestyle and when people start to see and feel the difference that our approach has on them, that is very motivational in itself. Results are a key driving force and the simple truth is – what we do works!

Where is your perfect escape?

We have just returned from running our first overseas "health hub" at The Rou Estate in Corfu – it really is a very magical place and even though I was working... what a working environment it was!

Generally my perfect escape is to be with my family and friends in an inspiring, beautiful, natural place that is tranquil where I can really feel my own life balance and appreciate my renewed health and vitality.

www.healthmatters360.co.uk

