

# SCOOP

MAGAZINE

WESTERN AUSTRALIA'S ESSENTIAL LIFESTYLE GUIDE



If you're sometimes shocked by your own unexplained loss of temper, you could be a victim of individual warming, according to Perth-based emotional fitness trainer Meredith Forder.

Meredith says just as global warming is an issue

for the planet, individual warming – when the body heats up due to the pressures of stress and negativities – is a problem faced by many men and women.

“Just as global warming increases the Earth’s surface temperature, causing sea levels to rise and create extreme weather conditions, individual warming increases the body’s surface temperature causing blood pressure to rise, creating explosive behaviour that can spark senseless acts of rage, which can spiral out of control,” she says.

While global warming is caused by destructive emissions, it’s destructive emotions that are behind individual warming and they can have a big impact on our lives, claims Meredith.

“When we feel angry or stressed, we create negative, unfriendly energy. This energy negatively affects ourselves, those around us and our environment,” she says.

Meredith believes the key to tackling individual warming is to get into the gym and boost our emotional fitness to keep stress, negative thinking and harmful emotions at bay.

“The first step in the process is to become aware of an internal muscle, called the intellect. By exercising and strengthening this muscle we regain our inherent potential,” she says.

Free introductory talks are available for businesses, clubs and schools. *Inquiries: 0414 321 877.*