

# YOUR HEALTH STARS

By Patsy Bennett [www.astrocast.com.au](http://www.astrocast.com.au)



**ARIES**

You will be busy in 2020 so it is important to maintain sustainable energy levels – not only your own energy levels, but those of people you care for as well. Relaxing practices such as yoga, meditation and gentle outdoor exercise such as swimming and walking will balance your hectic schedule and replenish energy levels. Schedule relaxing activities into your timetable in January and stick to the routine or you will risk stagnant energy levels and lethargy. Avoid risky sports, such as daredevil stunts as these could land you in hot water. Key months for fun holidays are January, April and August.



**TAURUS**

This is an excellent year to get up to date with your various health and wellbeing programs; to seek expert advice if you have had a nagging issue that you have not attended to yet; and to seek ways to boost your energy levels. An interest in complementary health practices may grow this year, and you will establish a strong base for constitutional health the more you feel you are proactive about your own wellbeing. July and August will be pivotal months that will take your focus to maintain good health; these are excellent months to take time out and replenish energy.



**GEMINI**

Aim to boost good health all year round to accommodate your various ventures – not least an active love life! The first and third quarters of the year will be the best for boosting energy levels. Inner health will radiate out, promoting romance in your life, so the more you focus on good health, and not only outer appearance, the more you'll shine from the inside out. Be proactive about curing long-term health niggles as you could take great strides ahead with your health in 2020. Early January, February, March, mid-July, mid-August and mid-September will be excellent times to boost health.



**CANCER**

Aim to improve your emotional health in 2020 as this will benefit your overall health. Find ways to self nurture and unwind, otherwise stress could be a major issue. As you are likely to be super-busy and restless, you must find ways to maintain strong energy levels, too. You'll accomplish this via supportive nutritional, exercise and fitness schedules. The months from April to August will place the most focus on the importance of having good health. By December, your hard work in maintaining good health will pay off as you will experience increased vitality and constitutional strength.



**LEO**

You'll update many areas of your life in 2020, including your health. Aim to ditch bad habits and embrace healthier ones. Include a dedicated fitness schedule in your daily routine and you will reap the rewards early in the year. And, while you may cling to traditional health practices, there is merit in science and some new treatments have proven results, so ensure you research options. You'll wish to share your new-found knowledge with others and may be a catalyst for their improved health, especially as you are likely to look after other people's health in 2020 as well as yours.



**VIRGO**

Health will be one of the most important areas of focus in 2020. Someone may require your help and you may need to focus more on your own wellbeing due to emotional circumstances that deplete your energy. A partner, family member or someone close will require a delicate and sensitive approach and this can further deplete your energy levels. So it will be important during 2020 to find the time for yourself and to boost your own health. You may ultimately see yourself as a teacher or guide for others and your wisdom will help them maintain a healthy outlook.



**LIBRA**

With so much focus on your status, direction and career – focus on everything outside of yourself – you will need to consciously schedule time for you and your health, especially in the first half of the year, or you risk running yourself ragged. You may need to feel more supported by those around you and the eclipse on January 11 will already point out where in your life you could ask for more help. You will be looking for more independence, excitement and autonomy as the year progresses, and you will find the time for yourself. July will be ideal for a holiday.



**SCORPIO**

The key to happiness in 2020 lies in good communication skills so if you feel sometimes that you are misunderstood, it's an excellent time to build better communication skills. This will result in better relationships, higher self-esteem, self-confidence and a sunnier disposition. You must avoid succumbing to tempers and mood swings, as these drain your energy and stop you from connecting with people, and relationships are pivotal to your happiness in 2020. If you already have a good health routine, wellbeing will blossom in 2020, but if not, you must put one in place and avoid draining, bad habits.



**SAGITTARIUS**

As your understanding of the world changes you will begin to see life in a new context and this can be tiring, as so much of the underlying structure of your life changes. So ensure you embrace a step-by-step plan for good health as this provides a strong platform for the many demands of the year. You may be attracted to complementary therapies, nutrition and mental and spiritual health. Late March and late December will be excellent months to try new fitness strategies. If autumn is tiring, place increased attention on nutrition and exercise, and your energy levels will replenish.



**CAPRICORN**

This will be an intense year on many levels, so it's vital you establish a calming, relaxing strategy that enables you to recharge your batteries. Otherwise, stress and tension could affect your happiness. May to July may comprise the most intense circumstances, so ensure you have a supportive network and solid health practice in place that allows you to unwind. You will need to support your health on all levels: emotional, spiritual, mental and physical. As your work life is likely to be demanding, see good health as the necessary foundation stone for solid growth and productivity.



**AQUARIUS**

This is the year of letting go. Decide what – or even who – you must let go of to achieve better health. You may need to let go of a bad habit, such as overeating or overconsumption of alcohol, for example; or you may need to let go of an emotional habit that has kept you preoccupied with someone who is no longer in your life. Find ways to put the focus back on good health in the present. It is said that happiness is a choice so this year, aim to let happiness in. March and December will be particularly transformative months.



**PISCES**

You want more sparkle and excitement, and you'll find new and clever ways to feel more vivacious – in body, mind and spirit. You may even conclude that your health is the source of all wellbeing and happiness and will enjoy boosting your creativity as well. Family-minded Fish may be super-creative; and may even hear the pitter-patter of little feet! You'll enjoy deepening spirituality in the first three months but must avoid becoming too impractical with your personal development as your home life and your work will also be areas of growth and you will need to focus on practicalities.



# Kayo



## STREAM OVER 50 SPORTS

LIVE & ON-DEMAND ON YOUR TV OR FAVOURITE DEVICE

**\$25 PER MTH** CANCEL ANYTIME

GET YOUR 14 DAY FREE TRIAL

DOWNLOAD AND WATCH INSTANTLY

GET IT ON Google Play

Download on the App Store

\$25/month for Kayo Basic. Requires internet & compatible device. Data charges apply. Compatible TV/casting device required for use on TV. Google Play and the Google Play logo are trademarks of Google LLC. The Apple logo is a trade mark of Apple Inc. App Store is a service mark of Apple Inc.