

Healthy Lifestyle Basics:

How are you practicing these healthy foundations each day? Circle the ones you need to work on and underline the ones you're acing!

1. **Stay Hydrated** - drink 1/2 your body weight in ounces of filtered water daily.
2. **Eat Healthy** - eat a low glycemic, nutrient dense, whole food diet. Avoid processed foods, sodas, trans fats and fast foods.
3. **Get restful sleep** - 7-9 hours in a dark, cool, quiet space. Limit blue lights, EMFs and exposure to wifi and cell phones at night while sleeping.
4. **Get Sunshine** - Early morning walks and 15 min of direct exposure during the day will improve vitamin D levels. Sunscreen blocks vitamin D production.
5. **Get Exercise** - Move your body every day! Stretching, High Intensity, Aerobic and weight training are all valuable methods for strengthening the body and improving health. Try working all of them into your weekly schedule.
6. **Reduce exposure to toxins** - Avoid using toxic pesticides, toxic cleaning products and toxic self care products in your home. Look for and eliminate mold. Use a good water filter.

8. Balance blood sugar - Unless you are going to run a marathon, avoid meals/snacks that are heavy in sugar, starchy foods and grains. Eat protein and/or healthy fats with carbs and focus on eating carbohydrate rich foods in their whole food state (fruits and vegetables). Exercise and stress management also help to balance blood sugar.

9. Create emotional balance - Practice forgiveness and gratitude

10. Create spiritual balance - Practice prayer, meditation, communing with your creator and living authentically into your purpose

11. Reduce Stress - Have fun every day, spend time in nature, exercise and get plenty of sleep

12. Limit technology - Technology can hijack time so make your mornings tech free to focus on what's important before jumping into the business of the day. It's not good to sit for more than an hour at a time or to look at the blue light that emanates from our high tech screens for long periods of time. Our eyes need broad spectrum light from sunshine. We need time away from technology to foster relationships, get exercise and be creative. Most importantly, we need to cut off tech at least an hour before bedtime so our body can make the melatonin we need for deep and restful sleep.