

Healthy Living - Day by Day

Breakfast

Whole Grain Cereal
or Oatmeal
Add fresh fruit and nuts!
Water

Kick the Soda and Sugary Drink Habit and go straight for healthy, clean water. Great way to lose weight and feel great!

Processed foods have a lot of salt, sugar, preservatives, sodium, fat, and artificial colors and flavors added. Go for unprocessed *Healthy Alternatives*.

You can Be Creative and Have Fun! Mix up all kinds of delicious meals with these ingredients!

Mid-Morning Snack

A piece of fresh fruits
Cut up some fresh veggies

Make healthy snacks convenient and always have some sliced veggies and whole fruit at your fingertips

Lunch

Combine a bunch of these ingredients into a salad or wrap
Spinach, Cabbage, Kale, Lettuce, Arugula, Tomato, Beans, Peas, Carrots, Sprouts, Avocado, Celery, Onion, Broccoli, Apple, Pear, Berries, Orange, Kiwi, Beets, Squash, Cucumber, Cantaloupe, Raisins, Nuts, Cilantro, Sunflower seeds, Garbanzo Beans, Black Beans

Or Reinvent your leftovers and add a big salad!

What's the deal with whole grain? Whole grains still have all their great nutrients and flavor so use whole grain cereal, bread, rice and pasta.

Curious about what you're eating? Why not just check out the labels? Per Serving look for less than:
- 2.5 grams of fat
- 250 mg of sodium
- 7 grams of sugar

Afternoon Snack

Fresh Veggies

Saute any combo of veggies - add onion, garlic and fresh herbs and spices for a quick, delicious and healthy meal. And you can do it *Oil-Free!*

Dinner

Let your plate guide you:
Enjoy 1/2 plate of veggies or salad
1/4 plate of whole grain such as brown rice or quinoa
1/4 plate of legumes

Beans, beans they're good for your heart :) Try all kinds: Black, garbanzo, kidney, lima, navy, pinto, lentils and peas!

Dessert

What's in season?
Have some delicious, local fresh berries or fruit

Skip the slippery stuff - leave out mayo, miracle whip, oil, butter, margarine and cheese.

Notes:

What's Next?:

Condiments, Herbs and Spices:
- Fresh Hummus
- Organic Peanut Butter
- Mustard
- Basil, Cilantro, Parsley, Sage, Oregano
- Cumin, Cinnamon, Ginger, Black/Red Pepper, Garlic, Turmeric

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A few more keys to healthy living - *active lifestyle, coping with stress, and good sleep.*

Join the Movement!

Daily physical activity is a crucial part of healthy living . . . And it can be fun!

- Just a 30 minute walk each day (or twice daily) can improve bone health, muscle strength, energy and outlook, as well as reduce your risk of heart attack, stroke, diabetes, hypertension and cancer.

My Plan of Action:

Stress Doesn't Come in a Box

How many times each day do you think “Oh that person is stressing me out!” Or “I’m stressed because my boss . . .” Well guess what? Stress isn’t some solid thing that someone can hand to you or do to you. Stress is what you create around the situation or person. Our experience of stress depends on our interpretation of what’s around us.

Walking, meditation, 4 slow deep breaths and just being mindful of your reactions are all good ways to help take the stress out of your experience.

Get those Zzzzzzzzz's

Sleep is so important to feeling vibrant, being healthy and even maintaining a healthy weight. And it can sometimes be hard to get a good night’s sleep - especially if some of the other key components such as nutrition and exercise are missing. Remember, it all goes together!

Ask for our helpful handouts on these topics and more!

Healthy Living is a combination of these few simple things - healthy eating, active lifestyle, healthy relationship to life’s challenges and triumphs. Put into action with a few steps each day and over time you’ll find yourself feeling vibrant and healthy. All of it really starts with your desire to be healthy.

So what would being healthy look like to you?

And what are your reasons for being healthy?

Need motivation? Check out these movies to get started:

“Forks Over Knives” “Food Inc.” “Supersize Me” “Fat, Sick and Nearly Dead” “Hungry for Change” “Weight of the Nation”