



#### WELCOME!

Thank you for subscribing to our emails! I hope you enjoy the following E-Guide

Whether you are the type of person who jumps in with both feet, embracing change with abundant enthusiasm or you are the type of person who fights it every step of the way...implementing healthier habits doesn't have to be complicated or overwhelming!

Change doesn't have to happen all at once and it doesn't have to happen overnight....even small changes over time can have a dramatic and lasting effect on our overall health and wellbeing. Change is what happens when we decide that we no longer want to settle for the way things are.

This e-guide will provide you with Simple Steps
To A Balanced Healthier YOU! Making small
changes over time can have a dramatic and lasting
affect on your overall health and wellness! So
working on just one step at a time will start you in
the right direction!

### IF YOU'RE READY TO DIVE IN..... LET'S GET STARTED.

The information and services provided by BALANCED is not intended to diagnose or treat illness and disease. The information and services provided are educational and health supportive and not intended to take the place of the service of your health care professional

#### ONE STEP AT A TIME

It can be confusing to know where to begin, so I'm sharing 10 simple but effective, strategies you can incorporate to help you on the road to living a healthier, happier and more BALANCED life.

Start with 1 or 2 habits at a time then build on those successes by adding 1 or 2 more. Slow and steady really is the way to go so that you incorporate these habits as part of your lifestyle.

You can start with the simplest habit first and go from there if you like. Don't get overwhelmed – just start with ONE thing. Write it down somewhere as a reminder.

Grab your smart phone, iPad, tablet or pad of paper as we get started and check off the first 1-2 habits you want to start with this week. Imagine if you were to incorporate even 1 new habit each month for a year – amazing things would happen!

## 1. GET ENOUGH SLEEP

This may seem like a strange place to start, but it's so important that I'm putting it on the top of the list. Why? Let's face it, when we're tired we tend to make fewer healthy choices throughout the day and reach for the quick-fix energy boost we need, often in the form of sugar-filled options and processed snacks. We don't have the energy to exercise like we should and our mood is often negatively affected...yes we become "grouchy bears"...

Lack of sleep disrupts our circadian rhythms and can lead to inefficient body regulation of energy balance, metabolism and appetite. We need ample, good quality sleep to help our body detoxify, heal and repair itself.

To get more sleep, set a goal of what time you need to be in bed each night to get the 7-9 hours you need. Incorporate some "good sleep" strategies like having a nice relaxing bath before bed, removing the TV from your bedroom and writing down all of your "To Do's" and your "Worries" before going to bed.

Try it this week and see what difference you notice, both in how you feel and the dietary and lifestyle choices you make!

I'm committing to getting \_\_\_\_\_ hours of sleep each night this week.



## 2. REDUCE STRESS

I realize this is not always an easy thing to do. Most of us are juggling way too much and going through the day at warp speed, trying to get more and more done. An ongoing high stress level is not only harmful to your physical health and wellbeing but to your emotional and spiritual wellbeing as well...we are more than the sum of our parts...we are amazing, intricate and interconnected whole beings!

High stress levels can create a wide variety of physiological changes such as impairing digestion, decreasing beneficial gut flora populations, decreasing your metabolism, and raising triglycerides, cholesterol, insulin, and cortisol levels. So, while you may think you can "handle it" as far as your stress level goes, we aren't meant to be under constant stress; it eventually takes its toll. You may be doing everything right as far as diet and exercise goes but if you're under continuous stress, you're not going to see or feel the results you want.

What are some ways you can reduce your stress level? Is there something you can start with this week or this month? Maybe it's as simple as taking 15 minutes just for "YOU"! Even one simple change can have a huge impact!



#### 3. DON'T SKIP MEALS

Eat 3 meals a day and healthy snacks throughout the day. You'll notice you get through the day with more energy and when you plan your meals out during the day, you can make healthier choices. It's much easier to make unhealthy choices when you haven't planned ahead, you're starving and you just grab the closest thing you can find.

Plan ahead and be sure to not skip meals and you're sure to notice a difference in how you feel and you'll notice you will usually end up eating fewer calories during the day.

Our body needs fuel in the form of good quality, nutrient dense wholesome food to function properly-when it's deprived, it screams out for what it needs – food!



### 4. TRADE OUT YOUR BEVERAGE

A really easy way to improve your health is to trade out your soda (regular or diet), flavored coffee drinks or other calorie or artificially sweetened beverages for "good ole" H2O!!

For most of us grabbing that coffee or sweetened beverage is just a habit we've formed. What is the trigger for you? Is it going by the cafeteria, fast food drive-thru or is it that stash in your fridge or pantry? Figuring out your trigger can help you break the habit, making it easier to choose that H2O instead!!

If you're addicted to caffeine, you may want to start out cutting your consumption in  $\frac{1}{2}$  for a week or so and see how you do and better yet how you feel.

By trading out your sugary, caffeinated or chemical-filled beverage for water you're giving your body what it needs – proper hydration!

Proper hydration is so important...water is the main component of blood, lymph, digestive juices, urine, tears and sweat and it's involved in so many of our bodily functions: digestion, absorption, circulation and elimination processes.

Add more water to your daily routine and your body will say a big "THANKS"!!



### 5. EAT CARBS THAT FUEL YOUR BODY

Our body needs carbs, but just the right kind.

Refined carbohydrates like white bread, pasta, cereal and processed snacks are lacking in nutrients and leave us hungry again a short time later.

Complex carbohydrates from foods like fruits, vegetables, whole grains, nuts, seeds and legumes contain fiber and nutrients that fuel us and help us feel full longer.

The minimum daily requirements are:

Males: 200 grams

Females: 180 grams

If you can find it in nature (as opposed to a package with a long list of ingredients), it's a pretty safe bet it's a good choice. Think simple, local, natural and wholesome!!



#### 6. CHOOSE HEALTHY FATS

FACT: Our body needs fat in order to function optimally.

The body utilizes dietary fat for energy, healthy hair, skin and nails, vitamin absorption and normal, everyday bodily functions.

Good fats: olive oil, coconut oil, flax oil, sesame oil, walnut oil and oily fish

Bad Fats: are ones that raise bad cholesterol levels such as saturated fats from animal products

Essential Fats: also fall into the "good fat" category. Essential fats are just that! They are fats that are essential for optimum health and are just as important as vitamins and minerals. Our body can't make it's own so it's vital that we get EFA's (Essential Fatty Acids) from our daily diet. Essential Fatty Acids increase metabolic rate. And like all fats, they contain 9 calories per gram, but are used for hormonal, structural and nerve function rather than energy. These are the fats found in oily fish such as salmon, herring, sardines and mackerel and in nuts and seeds (especially flaxseed)

The low fat diet craze caused most people to fear all sources of dietary fat, even the ones that we need to thrive. This fear drove people to start replacing all fats with sugar and other additives to give foods the flavor and consistency they needed. Unfortunately, this period of time was also when the rates of obesity, diabetes and heart disease skyrocketed.

We need Fat in our diet- healthy fats should constitute 10-15% of our total caloric intake

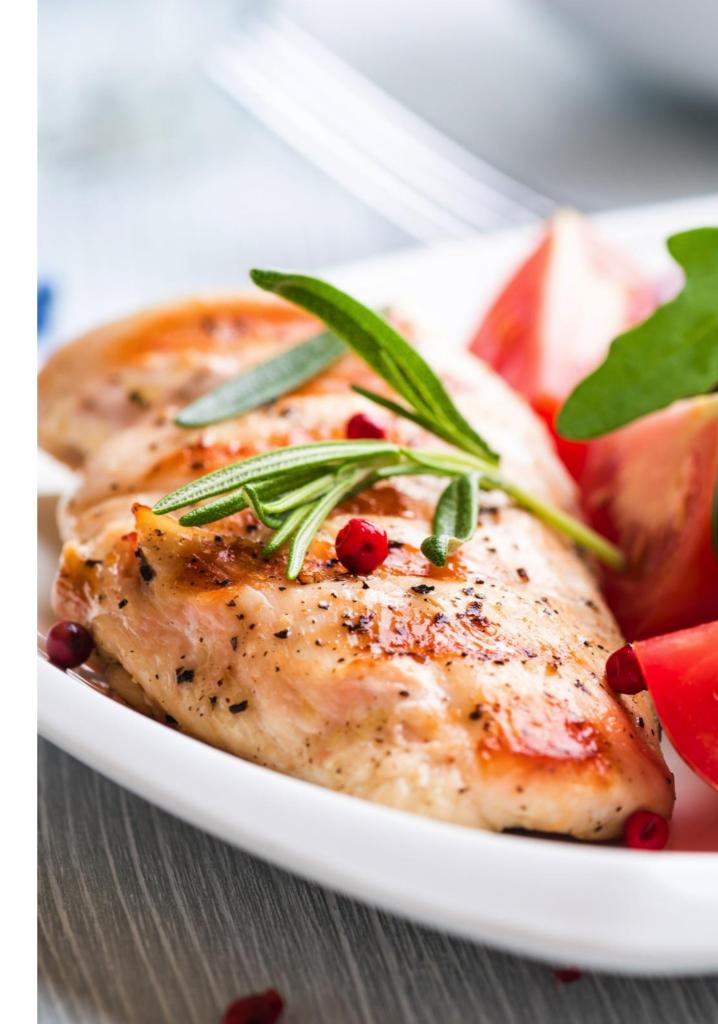
## 7. FOCUS ON LEAN PROTEIN

Consuming enough protein is another way to improve your energy and stay satiated longer after your meal.

Our bodies require protein for cell renewal, stabilizing our blood sugar, and providing us the energy we need. Many foods contain protein, but some of the best sources include: fish, dairy, meat and eggs, as well as plant sources like seeds, nut and beans.

Be aware of your protein consumption and observe how you feel when you have more vs. when you have less to determine what works best for you. The average protein requirements are 40-70 grams daily or 1 gram per 40 calories consumed

Also, be aware that quality matters – grass-fed beef and free-range chicken are healthier protein sources than feed-lot meats. Choose organic when possible, especially for meats, dairy and eggs.



# "Let food be thy medicine and medicine be thy food."

-HIPPOCRATES

#### 8. GET MOVING

Exercise actually gives us energy! Think about how you feel after sitting around for hours, versus how you feel when you're up moving around. You just feel better when you're active.

You don't have to spend countless hours at the gym to reap significant benefits from exercise.

You can start with something simple like a 20-minute walk if you're just getting back to an exercise routine. Look at ways you can add more activity into your day – a short walk during lunch, another walk after work perhaps. Maybe two 10-minute walks each day would work better for you, than one 20-minute walk.

Having an activity tracker like pedometer is a great way to see how active you are and get an idea of how many calories you burn during the day. It's fun and motivating to see how many steps you take in a day.

Find a friend or coworker that has similar goals and figure out something you can do together to help keep each other accountable.

Do you prefer to workout at home? Great! There are endless options of workouts to choose from for every fitness level. Options include exercise DVD's, online workouts, fitness apps and more. Let me know if you need suggestions.

Join a gym. The gym is nice because your routine is not affected by the weather. If you can invest in a personal trainer to get you started, that can be helpful to boost your confidence and knowledge in how to use the machines as well as making sure you're using proper form.

If you have taken a long break from exercising, don't set yourself up for disappointment – have realistic expectations and be okay with feeling like a beginner again. It's okay – just start where you are right now and build on it.

Note: You should always check with your doctor before starting a new exercise program.

### 9. PREPARE MORE MEALS AT HOME

Cooking meals at home allows you to control the quality, calories and portion sizes, of your food. Do you notice how much food you're served when you go to a restaurant? Crazy! When we have more food in front of us, we'll eat more without realizing it. A helpful tip that I use when eating out is to leave 20% on my plate!

Bonus: preparing meals at home saves money too. Plan your week out in advance and see which nights you can cook at home. For those really busy nights, preparing meals ahead of time or cooking healthy crockpot meals can help. I look at my calendar for the week ahead and whichever days are hectic, those are either crockpot meals or meals prepared in advance....easy peasy!!



### 10. KEEP TRACK

Keeping track of what you eat can be pretty easy thanks to all the handy apps we have available at our fingertips.

You'll be surprised what you discover when you start tracking your food choices. Just remember, quality counts and it's not just about the number of calories. 100 calories of cookies is not the same as 100 calories of veggies as far as nutrients and fueling your body is concerned.

For tracking, you also want to track the nutrients (or lack of nutrients) in foods. Reading the nutrition label is key. We have grown so accustomed to focus on the calories listed on the food label, but not the ingredients.

Look for foods that have the shortest list of ingredients and those that you recognize. If it's a long list of ingredients with words that are difficult to pronounce or you don't know what they are, put it back on the shelf and look for something else.

TIP: If you can't pronounce it or if you have to look it up to know what it is...your body doesn't want it...or need it!!

#### START TODAY

Decide on 1 or 2 healthy habits to start with today.

Start with the easiest one if you want.

When you start making choices based on the answer to the question "Is this going to feed my body what it truly needs?" instead of "What's the quickest thing I can find right now" and ask yourself "Will this get me closer to or further from my goals?" on a regular basis, decisions shift, behaviors are changed and you will feel much better.

The best part is once you're on the road to that healthier more Balanced lifestyle...you get motivated, the changes come easier and the choices become healthier ....







#### I'M ROOTING FOR YOU! YOU CAN DO THIS!!

I find that so often, people want to live a healthier life, but they just aren't sure how to fit all the pieces together to make a plan or they don't know where to begin. There's so much information out there and often times it's contradictory...leaving you more confused than helped. No worries though, it doesn't have to be intimidating or overwhelming ... that's where I come in... I can help remove the confusion and make sure you're armed with the knowledge, information and support you need...so

Pop on over to my website www.balancedwithjenny.com

Shoot me an email contactme@balancedwithjenny.com

Give me a call (705) 527-3116..... I'm here to help

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