

Making Yourself & Your Health a Priority Every Day!

Do you remember the last time you got sick? Or injured?
It was awful. Lots of sleep, lots of bland foods, lots of laying around waiting to heal or feel better.

At those times, we fervently want our health back. We vow we will take better care of ourselves and our health. We cannot wait to get up and get moving!

Yet, once health is better or the injury is healed, we don't take advantage of what we could be doing every single day to achieve life-long health and wellness.

We only get one body to go through life in, yet some treat their health like it's disposable with fast food/takeaway meals, soda, not enough rest, water or movement.

This may feel alright to a young person, but as you age, you will definitely feel the effects of not taking better care of yourself.

Many of the current diseases that are sweeping the world are directly correlated to our eating habits including diabetes, heart disease and some forms of cancer.

Yet, people are unwilling to change/let go of the habits that are comforting to them.

As a health coach, I want you to know that the most important job you will ever have in your life is to take care of your health. No one can do it for you. Yes, you can hire a trainer, but that's a few hours a week tops you are spending with them. The rest of

the time(which is 99%) it's up to you! Let's talk about the PERFECT plan to take care of yourself!

Plan. Put yourself on your calendar every single day for some kind of movement. A walk, yoga, belly dancing- it could be anything. Many feel they are too busy to take time to move. It's a vital part of life.

Expect Roadblocks. Health and wellness is not linear. There will be ups and downs. Know you are going to have to pick yourself up more than a few times and continue onward!

Rest. Many undervalue the importance of rest. If you don't get enough sleep(most need 6-8 hours), you most likely won't want to move the next day. Or eat well. Rest is at the top of my list to take care of your health.

Food. I am convinced we should mostly be eating foods grown from the ground. One ingredient foods for the win! It's not always the most convenient, and it does take work to chop veggies up but the benefits are amazing! Fiber, vitamins and minerals are bountiful in all foods grown from the ground

Exercise- We all need to move our bodies. Find an activity that you love and do it for the rest of your life! It'd also be a great idea to add in strength training. We lose muscle each decade after the age of 30. Muscle protects our bones which helps us as we age!

Cheer yourself on. Most of us are experts at cheering on our family and friends in their activities and endeavors. But, we are awful at cheering ourselves on! Give yourself a pep talk daily to remind yourself what an amazing job you are doing taking care of

yourself and your health. It's said that 85% of self talk is negative! It's important to turn that around and pump yourself up!

Time. It takes time to change. In our insta society, we want change right now! Consistency with good habits will lead to long term health and wellness. There will never be a quick fix to lose weight or find the health you desire!

Your health is your greatest wealth!