

29 Tips For A Healthier More Energetic You!

1. **Start Walking!**

The average American walks 3,000 steps per day, and they recommend 10,000 per day for proper health. Get a pedometer to see how many steps per day YOU take.

2. **Don't Eat Late**

Eat dinner early, and make it the smallest meal of the day. A full tummy impairs fat burning at night and can cause sleep issues.

3. **Eat More Nuts**

As often as you can, eat some nuts (examples: almonds, pecans, macadamia) Buy 'em fresh, eat 'em raw, to lower risk of heart disease, boost your energy, and accelerate weight loss!

4. **Soak your nuts in water!**

Not meant to be dirty, I mean almonds. They have an acid on the outside of the skin, so soaking makes them more nutritious and better for you.

5. **Don't Underestimate the Power of Selenium**

3 Brazil Nuts = 200 mcg of Selenium = Lower levels of cancer and healthier immune system

6. **Breathe Deeply**

Do you breathe from your chest or your belly? Deep belly breaths are the best for getting into a relaxed state which increases energy and help you lose weight - try to do at least 10 per day.

7. **Fiber is Good**

Fiber is good for everyone – fruit, oats, barley, legumes, bran, veggies, whole grain bread – take your pick!

8. **Good News for Animal Lovers**

Got a pet? Animal lovers have lower blood pressure and generally have better health.

9. **Take a Walk Before You Eat**

Hoof it before dinner – releases endorphins and lowers risk of heart attack.

10. **Protein=Energy**

Protein for breakfast = energy ALL day!

11. Wash Your Produce

Wash all veggies and fruits that come into your possession. Who knows what they got into before they got to you!

12. Olives Are Super Healthy

Like olives? Add 'em to your salad for a heart healthy boost not to mention great taste and texture!

13. Stretch AFTER the Work Out

Stretching warm muscles is best for fewer injuries. Don't skip the warm up, just save stretching for after the work out.

14. Your Mom Was Right – Eat Green

Green food is necessary to balance our acidic diet. Wheat grass, Barley, Green Magma are tops on my list!

15. Spices Are Tasty AND Healthy

Herbs and Spices aren't just for flavoring; they also add amazing healthy properties to your meal, so pile 'em on!

16. Rest is Best

When the work day is done, let it be done. Close the laptop; turn off the ringer on your cell, and just rest.

17. Sleep Better, Look Younger

Go to bed earlier to grab a few extra zzz's Getting plenty of sleep is one of the best things you can do to combat aging.

18. Love Can Change the World

Give your love away – to your partner, your family, your community. Love doesn't run out, it just gets bigger!

19. Keep Your Word

If you say you will do it, do it. Keeping your word is very empowering. Start small and miracles will follow.

20. Soul Food

Don't listen to your 4th grade teacher. It's okay to stare out the window and daydream for a bit. It replenishes your soul

21. Happy Feet

Change up your workout so you don't get bored and quit doing it altogether. Challenge your body, it will love it.



22. Write After Bite

Food journaling helps you get a handle on what you put in your body. A real eye opener, that one is.

23. Eat Before the Party

If you are going to a party, grab a quick, HEALTHY snack before you go. You won't indulge too much if your belly is full.

24. Stay Hydrated

Thirst does not equal need of water, it means dehydration. Stay hydrated, and you won't feel thirsty.

25. Eat Big in the AM

Eat big in the AM, slightly less at lunch, and even less at dinner. You'll have more energy if the last meal isn't the big one!

26. Tone Up with Weights

Lifting weights tones your body and lifts your spirits while keeping unwanted fat at bay.

27. Fresh Food is the Best Food

Eat food that is in-season. It will be fresh, and is exactly what your body needs at that time of year.

28. Stress Adds Inches

Stress makes you fat. Lose stress, lose weight. It's a fact.

29. Be Aware of Your Food

Be conscious about what you eat. When you stop paying attention, you start eating junk.

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.