

# *Enjoy the Journey & Become The Best Version of You!*

I have always been against diets and prefer to call it a lifestyle. The definition of lifestyle in [www.dictionary.com](http://www.dictionary.com) is *the habits, attitudes, tastes, moral standards, economic level, etc., that together constitute the mode of living of an individual or group.* I think creating a healthy lifestyle would have to include becoming the best version of you! I believe there are 4 pillars of health: Food/Eating Plan; Movement/Exercise; Sleep; Stress Management.

## **Food/Eating Plan**

Eat real food (without chemicals and sustainably raised) and do it keto and the lady way

Have your occasional intermittent fasting days

Enjoy your occasional food prior to keto if it calls on you

Enjoy your fat bombs so that you continue to use fat as your fuel source

## **Movement/Exercise**

Recreational movement like walking, hiking, swimming

Intention exercise like resistance training, functional movements, crossfit should be done 2-3 times a week no longer than 30 minutes

Interval training with your target heart rate of 180 minus our age is a good place to be during your intense exercise

Stretching and yoga should also be included at least 2 times a week

## **Stress Management**

This include fun time

Recreational activities

Meditation

Prayer

EFT – emotional freedom technique

Visualization

Mirror Exercise

Spiritual growth bible studies

Personal development – seminars, retreats, books

Epsom salt baths

Diffusing oils/Aromatherapy

Adult coloring books

Walking barefooted in the ocean, lake, sand, and on the grass

Blowing bubbles

Acknowledge your progress

Gratitude journal

Singing and dancing

### **Sleep**

Optimal sleep hours 10pm to 5-6 am

Cool room & dark room

Shut off all electronics at least 60-90 minutes prior to bed

Use blue blocker glasses at night to optimize your sleep

Fat burning and anti-aging occurs during deep sleep

You may have noticed the long list for stress management. The reason the list is so long is because most practitioners do not address this because they don't know how to manage stress themselves or perhaps because stress has become the way of the American life. Stress kills!!!1