

3 SHORT WEEKS TO JUMPSTART BODY + MIND

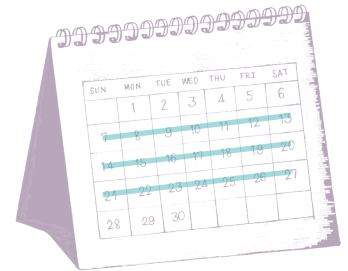


JUMPSTART



WEEK 1 LET'S GET STARTED

The first step is to begin tracking your nutrition. Being aware of what you are eating and drinking goes a long way in improving your health. Consider downloading an app such as 'My Fitness Pal', or any other app that allows you to log food and water intake, sleep, activity, and free journal about how you are feeling. You are welcome to track yourself on paper if you are not internet savvy or just like to use paper.



GOALS FOR WEEK ONE:



AVOID OR LIMIT...

- Processed/packaged foods - if you eat something from a package, carefully read the label and understand the nutritional value and ingredient list to begin educating yourself.
- Caffeine intake - ideally only first thing in the morning, and avoid after 2pm.
- Alcohol consumption - no alcohol is preferable, however begin to cut down on your intake if you are consuming alcohol daily or more than 1-2 servings per sitting.



FOCUS ON...

- Organic sources (as your budget allows). For all fruits, vegetables, meats, poultry, and eggs, ideally from grass fed sources - organic and fresh is best. (frozen organic is ok too.)
- You can get a list of the "dirty dozen" vegetables and fruits that are highest in pesticides at www.ewg.org to help you decide which are most important to get organic. (generally speaking, if it has a thick skin that you don't eat it's usually ok non-organic - think banana or avocado).



MONITOR YOUR RESULTS

- If possible, get an activity monitor of some kind to track at least your steps per day. Aim for 10,000 steps. Withings, Jawbone, Fitbit and Garmin are popular options, however feel free to choose a device that works best for you.
- Aim for 30 min. of exercise per day at least 4 days a week.
- Aim for 30 grams or more of fiber per day.
- Drink at least half your body weight (lbs) in ounces of water a day from a clean, filtered water source.



WEEK 2 GET MORE GREENS

Please do not substitute your favorite sugary snacks for the sugar free versions, as most sugar substitutes are just as bad if not worse for your health than actual sugar. Your goal is to find a healthy, natural alternative.



GOALS FOR WEEK TWO:

INCREASE VEGETABLE INTAKE

- Set a goal of at least 6 servings per day, with the guidelines from week 1. Aim for a variety of color on your plate!

ELIMINATE EXCESS SUGAR

- Sugary treats, snacks, soda, desserts, cereals, yogurts, muffins, bars etc.



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WEEK 3 CONTINUE THE GOOD

Start your morning with a cup of hot water with lemon to help get your digestion going (and helps to detoxify the liver). You can do this before every meal for even better results.

GOALS FOR WEEK THREE:

INCREASE VEGETABLE INTAKE

- Set a goal of 8-10 servings per day or more.
- Keep track of your choices and continue to aim for variety!



DAY
ONE



DAY
TWO



DAY
THREE



DAY
FOUR



DAY
FIVE



ONLY EAT WITHIN A SPECIFIC WINDOW

- Try to eat all of your meals in an 8-12 hour window. For example, if you eat breakfast at 7am, you should have your last intake of food by 7pm, or earlier. This gives your digestive track a well deserved break from processing all of your food.



ELIMINATE GLUTEN AND DAIRY

- Caution: substituting your favorite pasta, muffin or dessert treat for the gluten free version does not automatically mean you are eating a healthy treat... a cookie is still a cookie even if it's gluten free.



TRY A MEAL REPLACEMENT SHAKE

- Consider having one meal a day as a vegetarian protein shake (pea protein or pea/rice blend), if you are having difficulty getting in all of your servings of plant foods per day. Feel free to use a blender of any kind (check Amazon), or just a plain shaker bottle if you aren't adding ice, veggies or fruits.



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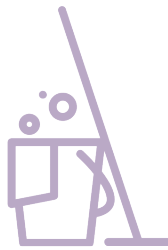


KEEP IT UP: HOME + SELF CARE

HOUSEHOLD PRODUCTS

DETOX YOUR PERSONAL AND HOUSEHOLD PRODUCTS

- Aim for more natural products with less chemical ingredients.
- AVOID: Parabens, Phthalates and Sodium Laurel Sulfate - look for these ingredients on product labels of household cleaning products, soaps, shampoos, conditioners, styling products, lotions, deodorants, toothpaste, make-up, laundry detergent, and anything else that comes into contact with your body.
- You can check the safety rating of products at www.ewg.org, they even have an app called Skin Deep that does this for you.
- Drink out of glass or stainless steel containers only. Plastic, aluminum, and styrofoam containers can leach chemicals into your food and drinks. Especially avoid microwaving food or drink in anything but a glass container (paper plates or cups if necessary, and avoid styrofoam)



RELAXATION

STRESS IS A MAJOR CAUSE OF ILLNESS & DISEASE

- Do not underestimate its effects on you. Relaxation and personal time are important. Evaluate your current relationships, activities, work and home environments. Focus on surrounding yourself with people that make you feel good, and eliminate or minimize the ones that don't.
- Aim for 30 minutes a day for yourself to do a meditation, visualization, or deep breathing exercise. If you are new to this, start with 5 minutes and increase from there. (even if it just means sitting in a quiet room for a few minutes with the main focus on taking nice, relaxed deep breaths, it will help balance your nervous system.)
- For deep breathing, focus on taking 4 seconds to inhale, 4 seconds to hold, and 7-8 seconds to exhale. Do 4 breaths at a minimum.



SLEEP

UNDERESTIMATED, YET VERY IMPORTANT

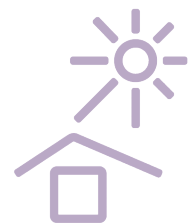
- Optimal amount of sleep for most people is 8 hours a night, no less than 7.
- Try to go to bed/wake up at the same time every day.
- The more hours of sleep you get before midnight, the more HOURS/NIGHT restorative sleep you will get. Aim for a bedtime of no later than 10pm.
- No eating 2 hours before bedtime.
- Avoid caffeine intake, especially in the afternoon. Sensitive individuals may consider completely eliminating caffeine.
- No screen time of any kind 1-2 hours before bed (the blue light screens emit actually lowers your sleep hormones). You can download the 'f.lux' app for phones, Ipads, and computer screens that filters out the blue light.
- Do something relaxing before bed like taking an Epsom salt bath with lavender oil, or do a meditation.
- Make your bedroom as dark as possible and remove or turn off all unnecessary electronic devices (or at least put them as far away from you as possible).



SUNLIGHT

MORE THAN JUST VITAMIN D

Goal is 30 minutes of real sunlight per day, ideally in the morning - if you cannot get this because of your work schedule, then consider getting a 10,000 lux light box and sitting in front of it for 15-30 minutes in the morning before you leave for work. You can do this in your bathroom as you are getting ready, or at the table while you are eating breakfast, for example.



**APPLYING ALL OF THE STEPS
IN THIS HANDOUT WILL
HAVE YOU WELL ON YOUR
WAY TO LOOKING AND
FEELING BETTER!**

