

HEALTHY LIVING ON THE GO

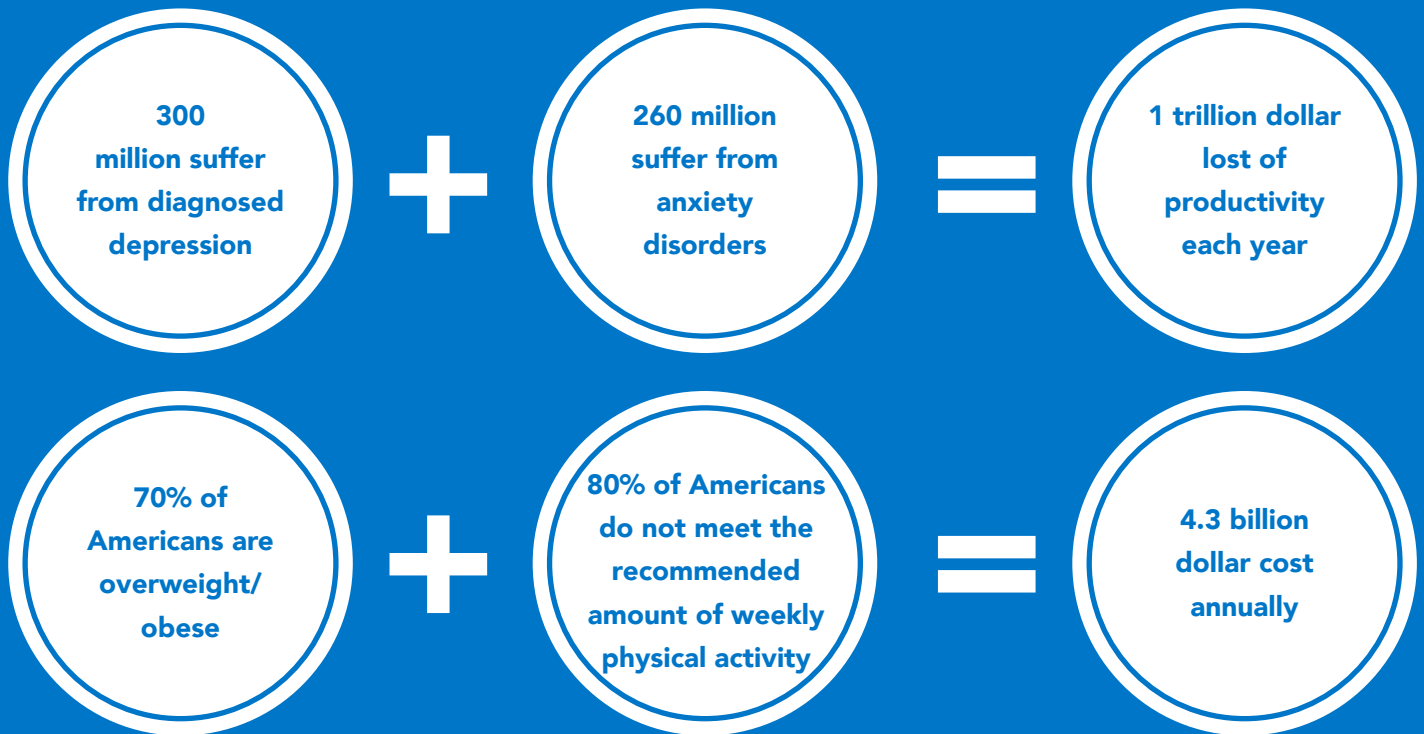
Embracing a Conscious Lifestyle

"I'm Too Busy"

I'm sure you have heard the phrase "I'm just too busy." We have all used it before and let's face it, life in modern day society promotes stress, a sedentary lifestyle and unhappiness. Because really, who can be truly happy running around like a madman without any time to themselves? So I ask you this... when does it stop? Is it when we graduate from school, get that dream job or find the one?

No, I don't think so. Life isn't going to wait for us on the other side of the "finish line". It is happening all around you, everyday. So let's not wait for life to start. Start small and choose to be fulfilled. Our happiness begins with our mental, emotional and physical health. In the next few pages you will find some tips on how to embrace your metamorphosis into a happier and healthier you. Your happiness and peace of mind should never be put on the back burner. It is your #1 priority... remember that.

DID YOU KNOW...



"Success doesn't come from what you do occasionally. It comes from what you do consistently."
- Marie Forelo



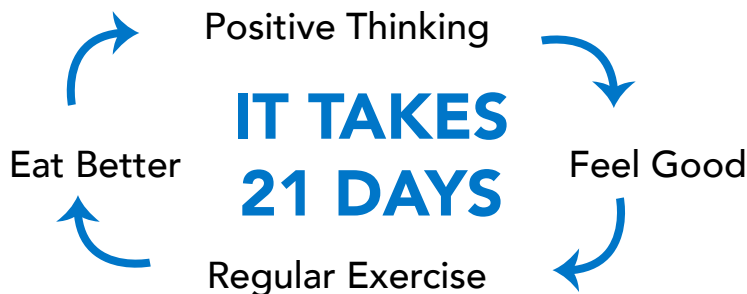
POWER OF POSITIVITY

An optimistic mindset is the key to living a happy and healthy life. It is not what happens to you, but how you choose to handle it. Negative thinking can paralyze and prevent you from seeing yourself and the world around you clearly. When you choose to see the good in every situation, a world of opportunities open up before you. Shouldn't our mind work for us, not against us? It is a step-by-step process that anyone is capable of learning!

BENEFITS OF BEING A POSITIVE THINKER:

- Stronger immune system
- Increased lifespan
- Promotes heart health
- Better decision maker
- Reduced stress
- Improved relationships

It takes about 21 days to create a new habit and make it stick. Aim for healthy habits.



HOW TO INCREASE POSITIVE THINKING IN YOUR LIFE

MEDITATION Find a quiet place and sit in a comfortable, seated position. Relax your shoulders and allow your arms to rest on your thighs. Gently bring your awareness to your breath. Slowly and deeply inhale and exhale 5 times. Don't fight your thoughts. Allow them to come and go peacefully. You can repeat a positive word or phrase like love, happiness, balance or I am grateful throughout your meditation. To learn more on how to start meditating, follow this link: <https://www.youtube.com/watch?v=YoFgQ9bCovc>

COUNT YOUR BLESSINGS What you concentrate on expands! It's time to attract the goodness in your life. First step? Awareness. Start out by listing two or three positive things that happened during your day. Then, write two or three things that you are looking forward to the following day. After, write about good things people have said or done for you. There is so much to be grateful for, train your mind to see it!

SURROUND YOURSELF WITH POSITIVE PEOPLE Believe it or not, the people we surround ourselves with are direct reflections of our own beliefs. You can change who is drawn to you and how people interact with you by changing the way you see yourself. To do this, you need to believe in yourself and let go of the past/negative beliefs. Look in the mirror every morning and say "I am strong, I am happy and I love myself!" These positive vibes will attract uplifting and inspiring people into your life.

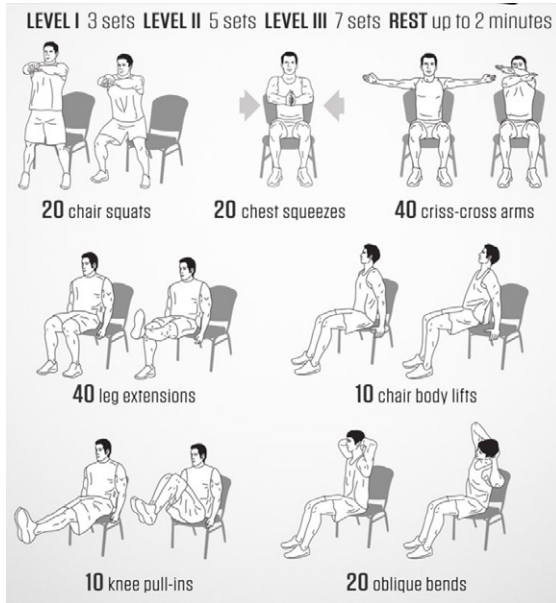
ME TIME Dedicate time to yourself everyday. You are your own person outside of work, school and home life. Even if it's just 15 minutes of alone time. You can go for a walk, dance, sing, paint... whatever it is, do it for you.



MAKING FITNESS "FIT" IN YOUR SCHEDULE

Physical activity is a fundamental component of health that allows our body and mind to work to it's maximum potential. You don't need to drive to a gym and do a long, strenuous workout everyday of the week. You can find exercises that work best for your body and schedule. Start by adding small movements throughout your day. You can do 15 minutes of arm and abs when you wake up, 10 minutes of yoga and/or leg strengthening at work and a relaxing 30 minute walk when you get home. Your mind might fight it at first, but your body will thank you! Exercising releases the happy hormone "serotonin", relieves muscle tension and gives you a boost of energy and confidence. What are you waiting for?

Office Workouts



darabee.com

Baby and ME



diaryofafitmommy.com

Hotel Exercises

1. MOUNTAIN CLIMBERS



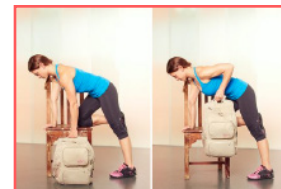
8 Sets x 20 sec's on, 20 sec's off

2. TRICEPS DIPS



3 Sets x 6-8 reps

3. LUGGAGE ROWS



3 Sets x 15 reps each side

4. PLANK SAWS



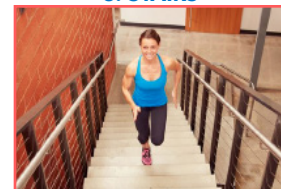
2 Sets x 5 reps both feet

2. BURPEES



8 Sets x 20 sec's on, 10 sec's off

3. STAIRS



8 Sets x 20 sec's on, 20 sec's off



MEAL PLANNING

Meal prep is a great way to help you stay on track with your nutrition goals. When we don't have healthy food options with us, we are more likely to buy the quickest option. Let's face it, the most convenient food is usually packed with fat and empty calories. Planning your meals ahead of time will help you manage your time better, save money, control your portions and mentally prepare yourself for the next week. Here are some tips to keep in mind while meal planning:

Learn How to Read a Food Label: Limit your cholesterol, fat and sodium. Try to have an abundance of fiber, vitamins and minerals. Take a look at the percent daily value (right column) to determine what amount of that nutrient is being consumed based on the daily recommended intake. Remember 5% or less is low and 20% or more is high. Focus on having a nutritionally balanced plate, not on calorie counting.

Monitor your Portion Control: Portion size is just as important as choosing nutrient-rich foods! Check out this link for a quick guide: <http://bodybyfadi.com/wp-content/uploads/Helping-Hand-.jpg>

Choose Healthful Foods: A nutritionally balanced plate is 1/2 veggies/fruits, 1/4 protein and 1/4 starch. Choose whole grains, lean sources of protein and have an abundance of fruits and vegetables in your diet. Substitute butter and margarine for plant-based oils like olive, flaxseed, avocado and nut oils.

Remember to Hydrate: On average, men need 15 cups of water and women need 11 cups of water daily. Physical activity will increase this amount. Bring a water bottle with you throughout your day to make sure you drink enough water.

WHAT YOU NEED

- Labels or a permanent marker
- 6 different colored containers- Protein, starch, fruits, vegetables, healthy fats, seeds and dressings
- Gallon, medium and snack sized freezer bags
- Measuring cups and spoons

www.eatright.com

SIX WEEK HEALTHY MEAL PLAN with printable grocery lists		monday	tuesday	wednesday	thursday	friday	saturday						
<input type="checkbox"/>	peas & green beans	<input type="checkbox"/>	crockpot turkey chili	<input type="checkbox"/>	lettuce wrapped turkey tacos	<input type="checkbox"/>	spaghetti squash & meatballs	<input type="checkbox"/>	crockpot balsamic chicken with potatoes & carrots	<input type="checkbox"/>	chicken tortilla soup	<input type="checkbox"/>	turkey meatloaf muffins & broccoli
<input type="checkbox"/>	rosemary & garlic roasted salmon with asparagus	<input type="checkbox"/>	hummus chicken with squash	<input type="checkbox"/>	slow cooker lentil soup	<input type="checkbox"/>	grilled lemon herb pork chops over cauliflower mash	<input type="checkbox"/>	spaghetti squash pad thai	<input type="checkbox"/>	crockpot rotisserie chicken & green beans	<input type="checkbox"/>	lettuce wrapped turkey burger
<input type="checkbox"/>	mexican bowls	<input type="checkbox"/>	better than takeout chicken fried rice	<input type="checkbox"/>	clean green stew	<input type="checkbox"/>	tilapia, sweet potato, & broccoli	<input type="checkbox"/>	thai chicken lettuce wraps	<input type="checkbox"/>	lemon roasted chicken with garlic, capers, & artichoke	<input type="checkbox"/>	spicy chicken chili
<input type="checkbox"/>	lettuce wrap carnitas	<input type="checkbox"/>	crockpot thai peanut chicken	<input type="checkbox"/>	stuffed peppers	<input type="checkbox"/>	tuscan creamy white bean soup	<input type="checkbox"/>	bruschetta chicken & mashed cauliflower	<input type="checkbox"/>	jerky pork with caribbean salsa and brown rice	<input type="checkbox"/>	marinated greek skewers & side greek salad
<input type="checkbox"/>	fish taco bowls	<input type="checkbox"/>	mustard balsamic baked chicken & roasted vegetables	<input type="checkbox"/>	thai curry & coconut clean chili over brown rice	<input type="checkbox"/>	chicken apple sausage with peppers & sweet potatoes	<input type="checkbox"/>	lemon thyme chicken & asparagus	<input type="checkbox"/>	chicken enchilada soup	<input type="checkbox"/>	chicken cacciatore
<input type="checkbox"/>	lettuce wrap fajitas	<input type="checkbox"/>	bbq pulled pork over sweet potatoes	<input type="checkbox"/>	grilled pineapple chicken with black beans and rice	<input type="checkbox"/>	salted tilapia with crispy zucchini ribbons	<input type="checkbox"/>	chicken sausage jambalaya	<input type="checkbox"/>	buffalo chicken spaghetti squash	<input type="checkbox"/>	red thai curry stew

