



# 5 STEPS TO HEALTHIER LIVING





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**Imagine this ... what if you found the tools to become a healthier you? What would you do and how would you feel?**

Life transformation happens slowly over time. Take any change one step and one day at a time. And of course, please talk to your doctor before beginning any exercise program if that is a part of how you choose to become healthier.

## **1. START WITH YOUR MIND**

The power of change starts in your mind. What if you were actually able to achieve your health and wellness goals, whatever they may be? Picture your future as if you've already achieved your goals. What would that be like?

Our modern world constantly inundates us with fear and

negativity. From the TV news to articles posted on social media and more, it's a continual barrage. What we allow in our mind in turn creates the thoughts we have. Our thoughts envision our future, which affect the actions we take (or don't take). The actions we take ultimately affect the outcomes we have in life. If you allow your mind to be fed a steady diet of fear and

negativity, that affects your thoughts, which will have ripple effects all the way to your actions and your outcomes.

A good first step to achieving your goal is to increase the positive messages you hear by seeking out uplifting people and intentionally feeding your mind a steady stream of what you desire in life.

Think carefully about what you put into your mind, for that will guide what you get out. You must believe you can be successful with the journey to and the achievement of your goals. Find someone to support you in achieving your health goals, whether it be a friend, support group, or a positive public figure. They can help encourage you along the way.

Feed your mind healthy, inspiring material. A positive mindset, while envisioning your goal already achieved, can provide the edge that propels you across the finish line!

## 2. EAT BETTER FOOD

Entire books can be written about eating better food, but this section touches on two basic steps to eating better:

1. Eat more food with no or few pesticides and higher nutritional value, such as organic food that may also have whole grains and be less processed.
2. Selecting food groups that are better for your body, like substituting more fruits and vegetables for other less healthy foods in your diet.

Organic food tends to have significantly less pesticides. Did you know that grapes can contain high levels of pesticides? Sometimes, washing the food doesn't remove the pesticides, because they have been absorbed into the food. If you're new to organic food, you'll quickly find it costs more. To help with this, if you wish to buy more organic food, start with substituting just one of your regular food items with an organic version on your next trip to the grocery store, and slowly increase your purchase and

consumption of organic, higher quality food over time.

Finding food that has a higher nutritional value, such as foods that are unprocessed or less processed is another good step towards a healthier lifestyle. Look for whole grains, organic ingredients, and fewer ingredients in your foods. A food as simple as apple sauce should not contain multiple ingredients, including high fructose corn syrup, when it really should just be apples!

## 3. USE NATURAL HOUSEHOLD AND PERSONAL CARE PRODUCTS

What if your household cleaners aren't so clean? Most traditional household products have a variety of chemicals in them, many of which are easily absorbed into the skin. Take a look at the product labels around your house and do some research on the chemicals in them.

Look at products in all areas of your household and daily life: toothpaste, skin care products, shampoo and conditioner, hand soap, household cleaners, and more. If you take

vitamins or other supplements, research the ingredients and see if you like what you find. If you don't like what you find, seek natural, effective alternatives to replace them.

There is a company, Young Living, that holds the highest standards for its natural, safe products. They can help you reduce or eliminate the chemicals in your daily life. They also bring the highest quality essential oils to you from plants grown on their farms. From the time the seed is sourced until the oil is sealed in the bottle, Young Living applies rigorous quality controls to ensure that you are receiving essential oils exactly the way nature intended. This allows you to enjoy the best, safest products in your life.

Essential oils have a variety of purposes to enhance your life and support your body's health and wellness and have been used for thousands of years. From the rich, relaxing aroma of lavender, to the bright, invigorating fragrance of peppermint, incorporating essential oils into your daily routine can benefit you and your household in a number of ways.





#### 4. MOVE MORE

Did you know that 30 minutes of walking a day is one of the healthiest activities you can do?

If you live in a very cold or very hot climate, being active for 30 minutes is still helpful, even if it's just being active within your own home. You may find yourself in a better mood, and your mind may feel more creative as it has some time to think and unwind from the stresses of the day. A few pounds might disappear, too. And, if you regularly walk or move for 30 minutes a day, that sets you up for the habit of success, which means you are training your mind to be successful in other areas by being consistent in one activity. Success breeds success!

#### 5. DRINK MORE WATER

Your body is about 60% water. When the amount of water you drink equals the amount of water your body loses, you may maintain a better balance of your body fluids.

Consuming a glass of water before a meal may help control your intake of food by making you feel full sooner. If your food has higher water content, such as fruits, vegetables, and soups, it is absorbed more slowly by the body, which may help you feel full longer.

Water also helps keep your muscles working their best, especially during exercise. Muscle cells without enough water tend to shrink, which may result in a feeling of fatigue.

To incorporate more water into your routine, here are a few ideas:

1. Have a glass of water before a meal and between each meal.

2. Eat more fruits and vegetables, which have a higher water content. About 20% of our water comes from food, so small dietary shifts can boost the amount of water that food provides.

3. Keep a bottle of water with you at all times, and keep it full.

#### 6. BONUS STEP: GET THE RIGHT AMOUNT OF REST

Your body needs the right amount of rest for you, based on age and other factors. Most adults need somewhere between 7 and 9 hours. Setting aside the extra time every day for a good night's rest of the proper length that your body needs can more than make up for the extra time. You may find yourself happier and more productive! ✨