

A woman with long brown hair, wearing a blue and white striped shirt, is shown from the chest up, looking down at a bowl of salad. She is holding a fork and appears to be eating. The background is slightly blurred, showing more of the salad and some green bottles. The overall tone is healthy and focused on nutrition.

5 HABITS TO ADOPT FOR A HEALTHIER YOU

*Take Control of Your Gut Health and
Transform Your Life from the Inside Out*

BY: AMBERLY BLEVINS

Certified Nutrition Health Coach,
Advocate for Holistic Wellness

HABIT #1: FOCUS ON 100 GRAMS OF PROTEIN PER DAY

Protein isn't just for bodybuilders—it's essential for everyone, especially when you're tackling gut health. It's the building block your body uses to repair tissues, support your immune system, and stabilize your blood sugar.

Plus, it keeps you feeling fuller for longer, which can help curb those random cravings.

WHY IT MATTERS



When your gut is struggling, the right balance of nutrients can make a world of difference. Protein supports the production of digestive enzymes and helps heal the lining of your gut, which makes it a key player in your wellness journey.

HOW TO MAKE IT HAPPEN

- **Start with breakfast:** Add eggs, Greek yogurt, or a plant-based protein smoothie.
- **Choose smart snacks:** Think roasted chickpeas, string cheese, or a handful of nuts.
- **Include protein at every meal:** Grilled chicken, tofu, lentils, or even a scoop of protein powder in your oatmeal.
- **Track your intake:** Use a food diary or app to see how close you're getting to 100 grams each day.

BEST PROTEIN SOURCES

- Chicken breast
- Eggs, particularly the egg whites
- Salmon
- Tofu and tempeh
- Greek yogurt
- White-fleshed fish
- Low-fat dairy, especially cottage cheese and milk
- Lean beef

QUICK TIP

If hitting 100 grams feels overwhelming, start where you are and work up gradually. Small, consistent steps lead to big changes!

HABIT #2: FAST FOR 12 HOURS DAILY

Fasting might sound intimidating, but don't worry—this isn't about skipping meals or starving yourself. It's about giving your gut the break it deserves.

With a 12-hour window between your last meal of the evening and your first meal the next day, you allow your digestive system time to rest, repair, and reset.

WHY IT MATTERS



Your gut is like a machine—it needs downtime to function at its best. A 12-hour fasting window supports better digestion, helps balance blood sugar levels, and may even reduce bloating and inflammation.

Also, it's an easy, natural way to promote overall gut health without overcomplicating things.

HOW TO MAKE IT HAPPEN

- **Choose your window:** For example, finish dinner by 7:00 PM and have breakfast after 7:00 AM.
- **Plan your meals:** Knowing when your fasting period starts and ends makes it easier to fit meals into your day.
- **Stay hydrated:** Drink water, herbal teas, or black coffee during your fasting window. Hydration is key to keeping your gut happy.
- **Keep it simple:** Start with a shorter window if needed, like 10 hours, and gradually extend to 12 hours.

QUICK TIP

Don't stress about perfection. Life happens! If your schedule shifts one day, just get back on track the next. The key is consistency over time.

HABIT #3: DO 30 MINUTES OF WEIGHT TRAINING AT HOME

You don't need a gym membership or fancy equipment to feel stronger and healthier. Incorporating just 30 minutes of weight training into your routine a few times a week can make a huge difference in how you feel—not just physically, but mentally too.

WHY IT MATTERS



Supporting healthy digestion, and improving your overall energy levels.

Plus, regular exercise helps reduce stress, which plays a big role in gut health. Less stress = a happier, healthier gut!

HOW TO MAKE IT HAPPEN

- **Start with bodyweight exercises:** Push-ups, squats, lunges, and planks are all effective and require no equipment.
- **Use what you have:** Water bottles, cans, or a resistance band can be great substitutes for weights.
- **Set a timer:** Block out 30 minutes and stick to it—short, consistent workouts are better than sporadic long ones.
- **Follow a routine:** Find a beginner-friendly video or create a simple circuit of 3-4 exercises to repeat.

QUICK TIP

Pair your workouts with a killer playlist or a favorite podcast to make the time fly by. And remember, progress isn't about perfection; it's about showing up for yourself consistently.

HABIT #4: PRIORITIZE NUTRIENT-RICH FOODS

Fueling your body with nutrient-rich foods isn't about restriction—it's about abundance. By focusing on what nourishes you, you'll notice improvements in your energy, mood, and overall well-being.

WHY IT MATTERS



Nutrient-rich foods, like colourful vegetables, fruits, whole grains, lean proteins, and healthy fats, provide the vitamins and minerals your body needs to thrive.

They support better digestion, balanced blood sugar levels, and even reduce inflammation. A well-balanced diet rich in whole foods contributes to a happier gut and a healthier you!

HOW TO MAKE IT HAPPEN

- **Fill your plate with colorful fruits and veggies:** Aim for a variety of colors to get a broad spectrum of nutrients.
- **Choose whole grains over refined:** Opt for brown rice, quinoa, or whole wheat bread instead of white varieties.
- **Include lean proteins:** Incorporate sources like fish, chicken, legumes, or tofu to keep you satisfied and support muscle health.
- **Add healthy fats:** Don't forget avocados, nuts, seeds, and olive oil—they're great for your heart and digestion.
- **Limit processed foods:** Reduce intake of foods high in added sugars, unhealthy fats, and artificial ingredients.

QUICK TIP

Meal prepping can make healthy eating more convenient. Spend a little time each week planning and preparing meals so you always have nutritious options on hand. Remember, it's about making better choices one meal at a time.

HABIT #5: AIM FOR 6 CUPS OF VEGGIES A DAY

When it comes to gut health, vegetables are your best friend. Packed with fiber, vitamins, and minerals, they provide the nutrients your body needs to function at its best while supporting digestion and overall wellness.

WHY IT MATTERS



Fiber from vegetables feeds the beneficial bacteria in your gut, promoting a balanced microbiome. A healthy gut not only aids digestion but also contributes to better energy, improved mood, and a stronger immune system.

HOW TO MAKE IT HAPPEN

- **Start with one meal:** Add a side salad, roasted veggies, or a vegetable soup to your day.
- **Sneak them in:** Toss spinach into smoothies, add grated zucchini to pasta sauces, or mix cauliflower into mashed potatoes.
- **Go frozen:** Frozen vegetables are just as nutritious and often more convenient for busy days.
- **Track your intake:** Aim for a mix of raw and cooked vegetables to keep things interesting and nutrient-dense.

QUICK TIP

If six cups feels daunting, build up gradually by adding an extra serving to one meal a day. Every step counts toward creating a healthier gut and lifestyle.

WHAT'S NEXT ON YOUR JOURNEY TO BETTER GUT HEALTH?

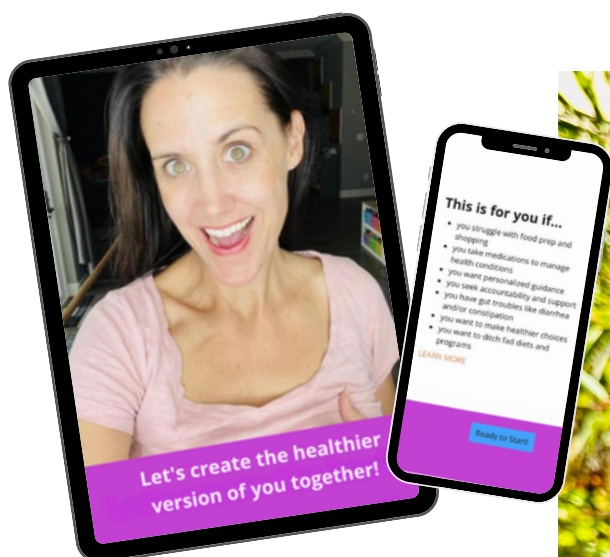
You've started building a strong foundation for better gut health with these simple habits. If you're feeling like you'd benefit from a more personalized approach, I'd love to help you dig deeper and create a plan tailored to your needs.

With my 1:1 coaching program, we can focus on understanding your unique challenges and finding realistic solutions that fit your lifestyle. Together, we'll work toward lasting changes that leave you feeling your best—without the overwhelm.

WHAT'S NEXT?

Put these habits into practice—you'll be surprised by how small changes can add up.

1. Get personalized support to address the root causes of your gut health concerns and take your progress even further.
2. Click below to get started and take the next step toward feeling more in control, energized, and confident about your health:



CHECK OUT MY 1:1 PROGRAM

Let's simplify the process and get you feeling more in control, energized, and confident about your health.

Talk to you soon!

Amberly

Your Nutrition Health Coach & Gut Health Advocate

