



# Baby Steps to Health



Small Steps - BIG RESULTS!

# WANT TO GET HEALTHY BUT DON'T KNOW HOW?

Sometimes the hardest changes are the ones from within.

The path we teach allows every individual to progressively work through these 'Baby Steps' at their own pace.

This is a proven process that is sustainable and maintainable for the rest of your LIFE!

This is Not a Diet plan - it is a LIFESTYLE CHANGE that will provide you with a lifetime of daily Success, Happiness and Health!

Let us help you on your path to achieve your personal health and fitness goals.

Sincerely - Jeff S. Peterson, DO

2010



2023



# YOUR JOURNEY STARTS HERE

**Before you get started** - First obtain the following baseline labs:

CBC

CRP

CMP

HgA1c

Lipid Panel

ESR

\*We can help coordinate obtaining these



## Baby Step 1

**Drink** a minimum of 1/2 to 1 gallon of water per day. Let water be your primary liquid of choice!

**TRACK THIS DAILY**

Until you have made it a habit

Notes:

---

---

---

---

---

---

# Baby Step 2



**Incorporate** a daily food/beverage intake diary to track your daily food intake.

**MyFitnessPal** is free and is a great App for this. Track honestly to get a true picture of what you are fueling your body with.

Track for 1-2 months.

Notes:

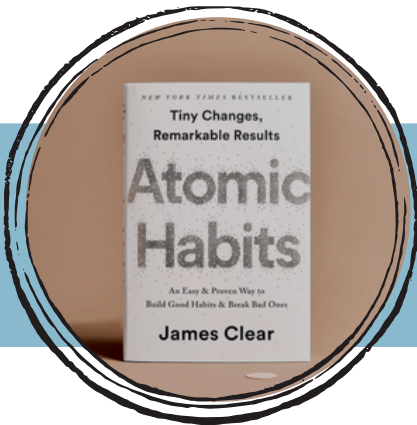
---

---

---

---

---



# Baby Step 3

A) Take **100% ownership** for where you are currently on your health and wellness path. Do Not Pass the Buck. No Excuses. Commit to Improve.

B) Buy and read "**Atomic Habits**" by James Clear. The principles taught in this book will change your goal setting and habit perspective and set the stage for your success on this journey.

Notes:

---

---

---

---

---

---

## Baby Step 4



**Incrementally** increase your daily Whole Food Plant Based Intake: fresh fruit, vegetables, whole grains (wheat, oats, rice, spelt, etc), legumes, beans, whole seeds etc...

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Baby Step 5

**Incorporate** a 6 day/week exercise protocol to your current tolerance. Mix cardio with strength training. Track this with a good fitness tracker.

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Baby Step 6



**Progressively** Limit/Remove Fast Food from your diet!  
When eating out, choose whole food plant based options and request your food be cooked without oil.

Notes:

---

---

---

---

---

---



# Baby Step 7

**Progressively** Limit/Remove Processed and Refined foods and drinks from your diet.  
**Be Cautious of foods with "Added Sugar"**  
Read the Labels!

Notes:

---

---

---

---

---

---

# Baby Step 8



**Progressively** Limit/Remove Animal Based foods from your diet! (Meats, Dairy, Eggs, Etc)

Notes:

---

---

---

---

---



# Baby Step 9

**Maintain** Baby Steps 1-8.  
Maintain your Whole Food Plant Based lifestyle and 6 days/week of exercise!

Notes:

---

---

---

---

---

# Baby Step 10



**Teach** others the Baby Steps to Health and  
**Share** your success with others!

Notes:

---

---

---

---

---

---

**After 3-6 Months -**  
Retake original lab tests:

CBC  
CMP  
Lipid Panel  
ESR

CRP  
HgA1c

\*We can help coordinate obtaining these







# BABY STEPS TO HEALTH CHEAT SHEET

**Baby Step 1:** Drink more water: 1/2 - 1 gallon each day

**Baby Step 2:** Daily Food and Drink diary

**Baby Step 3:** Take Ownership of your Health

**Baby Step 4:** Incorporate more plants in your diet - fruits, veggies, grains

**Baby Step 5:** Exercise 6 days a week to your tolerance level

**Baby Step 6:** Progressively limit/remove fast food

**Baby Step 7:** Progressively limit/remove processed food

**Baby Step 8:** Progressively limit/remove animal based food

**Baby Step 9:** Maintain your healthy new you

**Baby Step 10:** Teach others

# THE TEAM



## **Dr. Jeff Peterson, DO**

Orthopaedic Surgeon, Founder and Personal Health & Wellness Coach

Dr. Peterson is a board certified orthopaedic surgeon and founder of Pinnacle Health & Wellness. His passion is to help educate and motivate others to be healthy. He leads health and wellness educational seminars teaching his 'Baby Steps' Program as well as offers personal coaching sessions.



## **Jessie Kibbe, PA-C**

Board Certified Physician Assistant and Personal Health & Wellness Coach

Jessie offers personal coaching to help educate and motivate others to be the healthiest versions of themselves. She assists in educational seminars and strives to help individuals learn and grow as they discover plant based eating.



## **Julie Peterson, BS**

Plant Based Cook and Educator

Julie has been cooking plant based in her own home, for her large family of 8 children for the past 10 years. She is passionate about eating healthy, teaching others how to cook plant based so they feel confident creating their own healthy meals at home.

# PRO TIPS FOR GETTING STARTED AND MAINTAINING:

1. Start off Simple - It is called "**Baby Steps**" for a reason. Don't become overwhelmed
2. Remember - Slow and Steady Wins the Race
3. Remember - This is **NOT** a weight loss plan or "Diet"
4. This is a Lifestyle Change that is truly sustainable for the rest of your life
5. Be patient with yourself and others
6. The Baby Steps are placed in the order they are on purpose - so follow them in order
7. Short Term Tracking is key - Use 'MyFitnessPal' and other apps to make this easy
8. Set goals using "Level Up Goal Tracker" principles - [www.levelupgoaltracker.com](http://www.levelupgoaltracker.com)
9. Pick a few plant based recipes that look good and practice making them first
10. Utilize the Pinnacle Health and Wellness site for easy access to key resources - [www.pinnaclehealthandwellness.org](http://www.pinnaclehealthandwellness.org)
11. Use the links below to sign up to be on our email list, register for personal coaching and future health and wellness events

## Personal Coaching online:

<https://pinnaclehealthandwellness.org/appointments%2Fevents>

**Baby Steps online:** <https://pinnaclehealthandwellness.org/baby-steps>

**Email List online:** <https://pinnaclehealthandwellness.org/contact-us>



Pinnacle Health & Wellness  
3085 Sparta Hwy  
McMinnville, TN 37110

Contact us for  
further inquiries

931-815-2663  
[pinnaclehealthandwellness.org](http://pinnaclehealthandwellness.org)