



**Welcome to the Healthy Habits Challenge!**

**-Great -  
-You're IN!-**

## Welcome aboard!

We are thrilled to have you joining us for the 7-Day Healthy Habits Challenge.

This challenge is going to be FUN and INTERACTIVE while giving you QUICK and EASY tips to help you get back on track with your health and fitness goals.

- I know you're busy, so here's the scoop.
- The challenge kicks off on Today
- You have received 7 daily Healthy Habits to implement. One for each of the 7 days.
- We have broken a LOT of information up into daily bite sized bits for you. Keeping things simple, realistic and do-able is the goal
- All the real fun happens on our Facebook page. Come join us  
<https://www.facebook.com/LiVPersonalTrainingStudio>
- Invite your friends to join the challenge – The more, the merrier, so spread the word!
- The more you participate, the more you'll get out of it, so be sure to dive on in!

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# Welcome to Day 1

of the

## Healthy Habits Challenge!

This is going to be fantastic, and we are thrilled to have you joining us.

Be sure to join us over in the Facebook group to let us know a little about you, and what some of your goals are.

You can find us <https://www.facebook.com/LiVPersonalTrainingStudio>

Okay, ready set...

Let's kick this off with some good news – breakfast really IS for champions!

You've probably heard the quote, "Breakfast is the most important meal of the day," so many times that it has begun to lose its meaning. However, it's not just a myth. There's a reason that quote is so popular. Breakfast has numerous benefits for your body and mind.

### **Stable Energy Levels**

Eating breakfast can help get your day off to a good start and help you stay energized. When you sleep, your digestive system slows down. Many people eat lightly or skip food completely in the morning, eat heavier in the afternoon, and finish off with a big dinner (and dessert too). There is a problem with this strategy as it deprives you of food when you need it the most, which is in the morning. If you skip breakfast, your body stays in this slower state, slowing your metabolism and leading to weight gain.

Eating breakfast can help to jumpstart your digestive system. Consumer Reports agrees with the benefits of breakfast, stating, "Eating within 2 hours of waking can make a difference in the way you metabolize glucose, or blood sugar, all day. Your glucose level rises every time you eat, and your pancreas produces insulin to shuttle the glucose into your cells, where it's used for energy. Research is finding that keeping glucose and insulin in the right balance has important effects on metabolism and health."

### **Start Your Day Right**

Eating a healthy breakfast can refuel your body, and help you to eat less later in the day. When you skip breakfast, you are more likely to overeat later in the day. Consuming a healthy balance of carbohydrates, fat, and protein can fill you up, and satisfy your hunger.

*Breakfast is not just an extra meal. It serves several purposes in maintaining a healthy lifestyle.*

For 18 great ideas for quick and healthy breakfasts, check out these recipes on RealSimple.com. <http://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/breakfast-to-go/mustard-avocado-dill-whole-wheat-muffin-boiled-egg>

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## **Welcome to Day 2**

of the

### **Healthy Habits Challenge.**

How did implementing Day 1 go for you?

Did you discover any new ideas for delicious, healthy breakfast options? No worries if you didn't, but take a look at the recipe ideas I included to see if you want to try something new.

Today we are going to address physical activity. Before you cringe, and close out of this email...just hang on with me here for a minute here.

The most important piece of any healthy lifestyle is exercise. While diet is important, it can't provide some of the same benefits as exercise. Making movement a priority in your day is key to establishing healthy habits. Plan your day around fitting in at least 30 minutes of exercise, at least 5 times a week. While it has obvious benefits for weight loss, exercise offers lesser known benefits as well.

### **Boost Your Mood**

Exercise can help boost your mood by increasing your endorphins. These "feel good" hormones flood your brain while you exercise, and continue for hours even after your workout has ended. Exercise has been referred to as a natural antidepressant. It doesn't have to be high intensity either. Even low-intensity exercises have mood-boosting benefits. So start by just taking a walk!

### **Improve Your Sleep**

Regular exercise can also benefit your sleep. It can help strengthen your circadian rhythms, which not only impacts your sleep but how refreshed you feel when you wake up. Psychology Today addresses the impact of exercise on sleep, stating, "A recent National Sleep Foundation poll found that regular exercisers were significantly more likely to report sleeping well on most nights than people who were not physically active. Research has shown exercise can help to improve not only the quantity of sleep but also the quality: studies show daytime physical activity may stimulate longer periods of slow-wave sleep, the deepest and most restorative stages of sleep."

### **Make Small Changes**

Like anything else, exercise is a habit that is developed over time. Don't be afraid to start small. If you can't commit to 30 minutes of exercise at once, then break it down into smaller chunks. Just start taking steps to work towards 30 minutes of exercise 5 days a week. You will be benefiting your healthy lifestyle, and establishing new habits for years to come.

***What type of activity can you commit to this week?***

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**Wow – it's Day 3**  
of the  
**Healthy Habit Challenge.**

You're doing great!

This challenge is all about realistic baby steps.

The easier the changes can be for you, the easier it will be to make them stick.

One of the most important things you can do for your health is to plan ahead.

Planning ahead is one of the most important keys to reaching your goals, and maintaining your ideal weight.

You know the saying “When you fail to plan, you plan to fail,” right? I find this to be so very true when it comes to leading a healthy lifestyle. It does take a little planning, but it is well worth it.

You’ll want to look at your week ahead of time (probably on Sunday morning), so you can be proactive with finding time to exercise and prepare healthy meals. What do you need to have ready for the week in order to be more prepared?

What days and times can you exercise? On those super busy days, can you find 20-30 minutes for some kind of physical activity? Maybe talk a walk or do yoga at home.

Plug it into your calendar as if it’s an important appointment, so you don’t forget. Plan ahead the night before to get your workout clothes ready, so you’ll be ready to go.

If I left things to chance, I would probably never exercise or cook very many meals at home.

We’re all busy, and have a million things to juggle, and this is why planning is so important to your success.

If you find yourself wondering what’s for dinner, and it’s 5:00 pm, you probably failed to plan. It happens to all of us, believe me. I’m not perfect either, but I plan things out a lot more now, and it’s a lot less stressful and a whole lot healthier. Busy nights might call for putting a meal together in the crockpot, so it’s ready when you get home.

On Saturday or Sunday, plan out your week and your menu so you can get to the grocery store to stock up on what you need for the week.

By taking just a little bit of extra time to plan, you can make sure that you always have healthy food choices at your fingertips, and you aren’t rushing to make the quick, convenient, highly-processed choices.

What planning can you do this week that will help you stay on track, and accelerate your success?

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**Welcome to Day 4**  
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**Healthy Habits Challenge.**

Today is one of my favorite topics

**SNACKS!**

It happens to all of us from time to time. You are out and about when the day seems to get away from you and you realize that you are starving. You need to get something to eat right now, and there are no healthy options in sight. So, you try to pick the healthiest option from a list of bad choices.

While it may not make a long-term difference in your health if the above scenario happens every once in a while, but for many people, it happens on a daily basis. This scenario can easily be prevented with a little planning.

When you know you are going to be away from home for more than 2 hours, have healthy snacks prepared so you can eat on the go.

Find snacks that appeal to you and are easily transported. You can keep snacks in an insulated lunch box with a freezer pack, if needed. This way you are never stuck without a healthy option when hunger strikes.

Other options include:

- Good quality beef jerky
- Kind Bars (the ones with protein are filling, and have less sugar)
- Make your own trail mix (example: almonds, pumpkin seeds, sunflower seeds, walnuts)
- Mixed berries or other favorite fruit
- Carrot sticks and hummus,
- Apple slices and peanut butter
- Unsweetened yogurt – add fresh berries
- Almonds and raisins
- Make your own healthy ‘treats’ ahead of time (check out this site for a healthy banana bread recipe)

You don't have to be a slave to fast food or the vending machine when you are on the go. With a little forethought, you can always have healthy snacks with you, helping you avoid the sluggish feeling that comes from eating empty calories.

Take control of your diet, and make progress toward living the healthy lifestyle you have been envisioning by preparing healthy snacks to take with you on the go. You will be rewarded with more energy and better results in your weight loss efforts. It only takes a small time investment to begin reaping the rewards!

*What are your favorite healthy go-to snacks that you can bring on the go?*

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# Cool!

We are at day 5 already!

Are you hanging in there?

Be sure to join the fun over at our Facebook group. I think the Facebook group is the best part of this challenge! If you don't like Facebook you can also find us on Instagram <https://www.instagram.com/livpersonaltrainingstudio>.

You get to see what others are doing and get ideas and inspiration.

We need you, so be sure to check in with us today

Okay, so let me ask you...

Does your morning typically start with a latte or cappuccino? Do you find yourself reaching for a Diet Coke to help you snap out of a mid-afternoon slump?

While sweet drinks may give you a temporary energy boost, they can also cause your energy levels to crash shortly after. The more sugar you consume, the more you crave it, leading to a never-ending roller coaster ride of sugar highs followed by crashes. The only way to break the cycle is to eliminate (or drastically reduce) your sugar consumption.

You don't want to sabotage yourself and undermine all the hard work you have put into your diet and exercise routine. By changing what you drink, you can make sure you are staying on track with a healthy lifestyle.

Try trading out sugar laden or artificially sweetened drinks for water, or unsweetened iced tea. This will help you stay hydrated without adding unnecessary calories. If you are really craving some flavor, try infused water. You can infuse your water with fruits or vegetables to improve the taste without sacrificing your health, and it's super refreshing!

Here is a great post about 14 different ways you can infuse water to make it deeeelish - <http://www.buzzfeed.com/melissaharrison/fruit-infused-waters#.paz9dOXIG>

Meeting your body's hydration needs doesn't have to be difficult. By switching out your Diet Coke for a glass of fruit infused water, you can make sure you are properly hydrated without all the added sweeteners.

Everyone has different hydration needs, based on weight, activity level, and other factors. Make it a starting goal to drink three to four (8 oz.) glasses of water a day, and adjust according to your needs.

Take charge of your hydration starting today, and you will be one step closer to achieving your health goals.

Let us know about your favorite way to enjoy beverages that don't include sugar or artificial sweeteners.

Hop on over to our Facebook or Instagram to see what's going on. I'll see you there!

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## **Welcome to Day 6**

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### **Healthy Habits Challenge.**

We sure have covered a lot of amazing topics already, haven't we? Holy smokes!

I hope you are doing well, and making small changes as you can. I know you're probably crazy busy, so that's why even the smallest changes can really make a big difference, over time.

Let's talk about catching some Z's, shall we? Believe it or not, adequate sleep has a lot to do with your overall health and your waistline.

## I know how it goes...

You're on a roll with getting things done, and you want to just keep pushing through. The temptation to stay up just a little bit later to get more done is very real. However, while cutting back on sleep may seem like it will boost your productivity, the opposite is true. It can not only reduce mental clarity but also undermine your healthy lifestyle.

Lack of sleep can lower our willpower, making us more likely to make unhealthy choices. When you're tired, you're more susceptible to cravings for unhealthy foods. You are also more likely to try to use sugary, caffeine-laden drinks to try to keep your energy levels up. This can lead to weight gain from consuming empty calories.

Lack of sleep also boosts your body's production of the stress hormone cortisol. When cortisol levels are raised it causes your body to store fat, particularly around your midsection.

Sleep deprivation can also make you less likely to be active. Think about it - when you are already tired, the last thing you want to do is head to the gym. The lack of exercise combined with increased cortisol levels can deliver a serious blow to your efforts to live a healthy lifestyle.

While everyone's sleep needs are slightly different, most people need between 7-9 hours of sleep every night to function at their best. You will know that you are getting the right amount of sleep when you wake up feeling refreshed, as opposed to having to drag yourself out of bed.

Don't allow a lack of sleep to undermine the healthy lifestyle you have worked so hard to attain. Find a sleep routine that works for you and stick to it. Your body will thank you!

*How many hours of sleep can you commit to getting each night this week?*

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Can you believe it is already

Day 7 Of the

**Healthy Habits Challenge?**

**Yay, it's day 7!!!      You made it!**

This week has just FLOWN by, don't you think?

Today, we are addressing a topic that you may or may not be familiar with – mindful eating.

You're taking steps to make healthier choices with your diet, and are making sure you are getting adequate exercise each day. But are you practicing mindful eating?

*You may be asking "What the heck is mindful eating?"*

According to Today's Dietitian, mindful eating is the key to losing or maintaining weight. They state, "The core principles of mindful eating include being aware of the nourishment available through the process of food preparation and consumption, choosing enjoyable and nutritious foods, acknowledging food preferences nonjudgmentally, recognizing and honoring physical hunger and satiety cues, and using wisdom to guide eating decisions."

Mindful eating is easy to put into practice. Simply slow down, chew more, enjoy the food and company. All it takes is making sure that you are intentional with your food consumption.

In addition to the weight loss benefits, some studies show that we absorb more nutrients when our food is adequately broken down in our mouth, before digestion. In an article about mindful eating US News states, "The more you chew, the more nutrients you will absorb. Considering we eat to nourish our bodies, this is an important point to make. If you properly chew your food, it will be digested and metabolized more effectively."

Mindful eating can also help you enjoy your food more. Take the time to savor the various flavors and textures as you chew. Many times our hectic lives lead us to rush through a meal without ever taking the time to truly appreciate our food.

Adding mindful eating to your healthy lifestyle can be an excellent way to complement your existing habits. It can help you lose weight, aid in digestion, and help you to enjoy your food more than ever before. Give it a try and see how you feel.

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# You did it – Congrats!

The 7-Day Healthy Habits Challenge was a blast, and we hope you've received a ton of positive information to keep moving forward!

Wow – we covered a lot this week, didn't we?

Here's a quick recap of what we covered:

- How to start your day off the right way to rev your metabolism
- Finding time to exercise, and why it doesn't have to be hours a day
- Staying hydrated throughout the day, and ideas to make it more appealing
- Stocking up on healthy snacks, and eating on the go
- How a little planning ahead sets you up for success
- The importance of adequate sleep for health and weight loss
- The benefits of mindful eating, and how to begin

We hope you found the challenge to be helpful for getting back on track, and maybe you were able to connect with a few people in the Facebook group that share similar goals.

Even if you were only able to incorporate ONE thing this past week, that's fantastic!

When we work with clients, they find it easiest to implement one or two healthy habits at a time, so they can make progress step-by-step to make lasting changes.

I have some other great things in the works for you, so stay tuned for my next email with details because I'm pretty sure you'll be interested in what's coming.

## 6 WEEK SLIM DOWN

Where we will be covering topics such as

Detox,

Wellness,

Digestion,

Portion Size and

Continuing Strategies.

All supported with our

FACEBOOK GROUP,

videos,

recipes and MUCH MORE!!

In the meantime, head on over to the Facebook group and let us know what ONE (or two) healthy habits you were able to try this week.

Change takes time, and if this wasn't a great week for you, that's okay. Go back through the 7 Days and see if you can pick one thing to try for next week.

*What is something you can commit to making a habit?*

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