

Daily Wellformations

The go to source for The Natural ApHeal LLC daily reminders!

Sometimes we all need a reminder that **self care** is **important** and **necessary**!

◆◆ Drink water and eat a balanced diet ◆◆

There is not one set amount of water a person should drink daily. However, you should stay hydrated and not force yourself to drink excessive amounts. Take into consideration the amount of food you eat and what you eat. Some fruits and vegetables such as strawberries, cucumbers, oranges, pineapples, spinach, and broccoli, help keep you hydrated.

∞ Set short term and long term goals ∞

Set short term goals as well as long term ones. This helps to keep you focused on the here and now as well as prepare for the future. Remember, goals can be financial, educational or career related but do not limit yourself. Keep goals for your mental and physical health. In other words turn your goals into a plan and plan your goals.

📌 Get to know yourself 🗝️

It's just as important to know your triggers and habits as it is to recognize your progress along the way. Take time to recognize your small milestones. It's not always about the end result. Enjoy your journey. This process will not be an overnight one and sometimes can take a great deal of time and that is okay. Do not get wrapped up in time, it waits for no one. It's up to you to take advantage of the time you have and what you do with that time.





Sample Styles

DASH Eating Plan

MyPlate

Vegan

Vegetarian

Plant Based

Tips to create a balanced diet

- Know how many calories you need versus what you actually consume and make adjustments.
- Watch your portion size.
- Keep a regular pattern or schedule for eating.
- Incorporate fruits, vegetables, whole grains, proteins and other vitamins and minerals.
- Limit fat and sugar.
- Use the labels on food. Take the time to research ingredients in your food that you are unfamiliar with and become familiar.
- Stay consistent. Be proactive. Change it up. Enjoy it!

TIPS FOR CREATING A HEALTHY DIET*

Disclaimer : listed in this article is a collective of information and advice. None shall be taken over the advice of your doctor or any healthcare professional. Some information provided was seen on the website for National Heart, Lung, and Blood Institute.
NHLBI.NIH.GOV

Explore the different plans and choose based on your needs. Unless doctor recommend try what you like and what's healthy. It's all about create a balance of what you like with what your body needs.

