

NUTRITION & HEALTHY LIFESTYLE GUIDE

Simple, sustainable foundations for nourishing your body, supporting everyday wellbeing, and building healthier habits for life.

Healthy living is not about perfection.

It is about the choices we repeat: how we eat, hydrate, move, rest, manage stress, connect with others, and care for ourselves over time.

HEALTH THERAPIES LIFESTYLE

Building Healthier Lives, Stronger Families, and Lasting Legacies.

A practical educational resource for individuals and families.

1. Build Meals Around Whole Foods

Whole and minimally processed foods can provide a strong nutritional foundation. Aim for variety rather than chasing a single “perfect” food. Different colors, textures, and food groups provide different nutrients.

- Vegetables and fruits in a variety of colors
- Beans, lentils, peas, and other fiber-rich foods
- Whole grains when appropriate for you
- Fish, poultry, eggs, dairy, legumes, nuts, seeds, or other suitable protein sources
- Unsaturated fats such as those found in nuts, seeds, avocado, olives, and appropriate oils

2. Think About the Whole Plate

A simple way to build a balanced meal is to include vegetables or fruit, a source of protein, a fiber-rich carbohydrate when appropriate, and a source of healthy fat. Your individual needs may differ based on age, activity, culture, health conditions, medications, and medical advice.

- Make vegetables and fruit a regular part of meals.
- Include protein throughout the day.
- Choose higher-fiber foods more often.
- Use portions that leave you comfortably satisfied rather than overly full.
- Enjoy cultural and family foods - healthy eating should still feel like your life.

3. Hydration Matters

Water supports normal body functions, temperature regulation, digestion, and physical performance. Hydration needs vary, so there is no single amount that is right for everyone.

- Drink regularly rather than waiting until you feel extremely thirsty.
- Increase attention to hydration during heat and physical activity.
- Remember that some foods and other beverages also contribute fluid.
- People with heart, kidney, or other medical conditions may have specific fluid instructions from their healthcare team.

4. Fiber & Digestive Wellness

Fiber supports digestive health and can help with fullness and healthy eating patterns. Increase fiber gradually and pair it with appropriate hydration.

- Vegetables and fruits
- Beans, peas, and lentils
- Whole grains
- Nuts and seeds
- Discuss persistent digestive changes with a healthcare professional.

5. Protein Through Every Stage of Life

Protein helps maintain and repair body tissues and is particularly important alongside physical activity and as we age. Needs vary by body size, age, health status, and activity level.

- Spread protein-containing foods across meals when practical.
- Choose a variety of animal or plant sources according to your preferences.
- Older adults or people recovering from illness may need individualized nutrition advice.
- Ask a qualified clinician or dietitian if you have kidney disease or another condition that affects protein needs.

6. Be Mindful of Added Sugar, Sodium & Highly Processed Foods

Convenience foods can fit into real life, but frequent intake of foods high in added sugar, sodium, and heavily refined ingredients can crowd out more nutrient-dense choices.

- Compare food labels when useful.
- Choose water or unsweetened beverages more often.
- Flavor food with herbs, spices, citrus, garlic, and other ingredients.
- Make gradual substitutions rather than trying to change everything at once.

7. Move Your Body Regularly

Movement supports strength, mobility, balance, cardiovascular health, mood, and independence. The best routine is one that is safe, appropriate, and realistic enough to continue.

- Include walking or other aerobic movement appropriate for your ability.
- Add strength-building activity regularly.
- Include balance and mobility work, particularly as you age.
- Break up long periods of sitting.
- If you have health limitations or are returning after illness or injury, ask a healthcare professional what is appropriate.

8. Protect Your Sleep

Sleep supports physical recovery, mood, concentration, appetite regulation, and overall wellbeing. A consistent routine can make sleep easier for many people.

- Keep reasonably consistent sleep and wake times.
- Create a calm wind-down routine.
- Reduce stimulating activity close to bedtime when possible.
- Keep the sleeping environment comfortable, dark, and quiet.
- Discuss persistent insomnia, loud snoring, breathing interruptions, or severe daytime sleepiness with a healthcare professional.

9. Manage Stress & Protect Emotional Wellbeing

Stress is part of life, but chronic stress can influence sleep, eating patterns, relationships, and daily wellbeing. Healthy coping practices deserve the same attention as food and exercise.

- Spend time outdoors or in quiet reflection.
- Use breathing, meditation, prayer, journaling, or another calming practice that suits you.
- Stay connected to supportive people.
- Create boundaries around constant news, work, or digital stimulation.
- Seek professional support when stress, anxiety, grief, or low mood becomes difficult to manage.

10. Relationships, Purpose & Community

Wellbeing is more than physical health. Meaningful relationships, purpose, learning, contribution, and belonging can all enrich a healthy life.

- Share meals and conversations when possible.
- Stay involved with family, friends, and community.
- Keep learning new things.
- Make time for activities that bring meaning and enjoyment.
- Offer support to others while also allowing yourself to receive it.

YOUR 7-DAY HEALTHY HABIT RESET

Choose small actions you can realistically repeat. This is not a restrictive diet or medical treatment plan.

Day	Simple Focus
1	Add an extra serving of vegetables or fruit and pay attention to hydration.
2	Build each main meal around a quality protein source.
3	Take a purposeful walk or choose another appropriate form of movement.
4	Replace one highly processed snack or sugary drink with a more nourishing option.
5	Create a calmer evening routine and protect your sleep time.
6	Share a healthy meal, walk, or meaningful conversation with someone.
7	Review the week. Keep the two or three habits that felt most realistic and valuable.

A SIMPLE WEEKLY CHECK-IN

Use these questions to notice patterns without judging yourself:

- Did I eat a variety of nourishing foods?
- Did I drink enough for my individual needs?
- Did I move my body regularly?
- Did I get restorative sleep?
- Did I make time to manage stress and connect with people who matter?
- What is one realistic improvement I want to carry into next week?

THE HEALTH THERAPIES LIFESTYLE APPROACH

Lasting wellness is rarely created by one dramatic change. It grows from education, awareness, consistency, compassion, and everyday choices that can be sustained across a lifetime. Start where you are. Build gradually. Let healthier choices become part of the way your family lives.

Important: This guide provides general wellness education and is not medical or nutritional treatment. Individual needs can differ substantially. People with medical conditions, allergies, pregnancy, medication considerations, eating disorders, or specialized dietary needs should seek individualized guidance from an appropriately qualified healthcare professional or registered dietitian.