



# HEALTHY HABITS

SMALL DAILY PRACTICES LEAD TO A LIFE IN GOOD HEALTH

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# Small Daily Practices Create Lifelong Health

## Welcome to the Healthy Habits Guide

Five simple habits that create meaningful, lasting health change.

Before we jump into the five habits, there's one important idea to keep in mind:

### 1% better every day

That's the mindset we want you to carry as you move through this Healthy Habits Guide.

So many people believe that health requires going all in—full overhaul, no mistakes, no slowing down. But be honest... how has that approach worked in the past?

Going all in rarely lasts. It's overwhelming, unsustainable, and often leads to burnout instead of progress.

*Here, we're doing things differently.*

This guide is designed to help you make **small, meaningful changes**—one step at a time. No extremes. No pressure. Just simple habits that feel doable in real life. Those small steps may seem minor in the moment, but over time, they add up to powerful, lasting change.

Our goal is to inspire you. To encourage you. And to help you see that **yes—you can do this**. More than that, you can actually enjoy the process of building a healthier life.

There's no overwhelm here. No "wagon" to jump on—or fall off. This is about balance. It's about creating a health journey that feels sustainable, supportive, and realistic for everyone.

We're so glad you're here.

Now, with that in mind, let's jump into the five healthy habits.

# The 5 Healthy Habits

- ✓ HABIT 1: DAILY EXERCISE & MOVEMENT
  - ✓ HABIT 2: MOSTLY WHOLE FOODS. PLENTY OF PROTEIN.
  - ✓ HABIT 3: DRINK YOUR WATER
  - ✓ HABIT 4: MINDFULNESS & GRATITUDE
  - ✓ HABIT 5: TAKE YOUR REST!
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# HABIT 1

# DAILY EXERCISE

## and Movement

### Move Your Body—Every Day

Movement doesn't have to mean long workouts or intense training sessions. The goal is simple: move daily and keep your body active in ways that fit your life.

Start by increasing everyday movement, also known as NEAT (Non-Exercise Activity Thermogenesis). This includes all the movement you do outside of formal workouts—and it matters more than most people realize. Adding movement into the pockets of your day helps support metabolism, circulation, energy, and overall health.

Here are a few easy ways to move more without even thinking about it:

- Park farther away to add extra steps
- Take the stairs instead of the elevator
- Pace while you're on the phone
- Get up for water or walk around during TV commercial breaks
- Do a few squats or calf raises while brushing your teeth

Can you think of other small ways to add movement into your day? It all adds up.

### Intentional, Time-Efficient Exercise

In addition to daily movement, aim for about 150 minutes of intentional, moderate-intensity exercise each week—roughly 30 minutes, 5 days a week. This time can be broken into shorter sessions if needed.

A simple weekly structure:

- **Intentional workouts (4–5 days/week):**

Focus on **resistance training and strength-based movement** to help maintain muscle, support metabolism, and build resilience—especially important while on GLP-1s. These workouts don't need to be long to be effective.

- **Active recovery (1–2 days/week):**

Walking, stretching, yoga, mobility work, or foam rolling.

- **Rest (1 day/week):**

Allow your body time to recover and adapt.

### The Big Picture

Sitting too much works against our health.

***Movement is medicine.***

You don't need perfection—just consistency. Get up. Move often. Strengthen your body. And remember, small amounts of movement throughout the day can be just as powerful as a workout.



### Every Bite Counts on GLP-1s

When you're on GLP-1s, your appetite is often lower—and that makes food quality more important than ever. Eating less doesn't mean your body needs less nutrition. In fact, it means every bite has a bigger job to do.

That's why this habit focuses on **prioritizing protein and whole foods**.

Protein plays a key role in preserving muscle, supporting metabolism, stabilizing blood sugar, and helping you feel satisfied between meals. This is especially important on GLP-1s, where reduced hunger can sometimes lead to under-eating or skipping protein altogether.

Whole foods—like vegetables, fruits, whole grains, and minimally processed options—provide essential vitamins, minerals, and fiber that support digestion, energy, and overall health. They help your body function well, even when portion sizes are smaller.

This habit is not about perfection or restriction. It's about making intentional, nourishing choices that feel realistic and sustainable in daily life.

When possible, aim to:

- Build meals around a **high-quality protein source**
- Include **colorful, whole foods** for nutrients and fiber
- Choose whole-grain, high-fiber carbohydrates when included

On GLP-1s, small, consistent choices matter. Focusing on protein and whole foods most of the time helps keep your body nourished, supported, and strong as your appetite—and habits—change.

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### Most Importantly — Enjoy Your Journey to Healthy Eating

Healthy eating isn't about rules, perfection, or pressure. It's about learning what helps your body feel good and building habits you can enjoy long-term. There's no rush and no finish line—just progress, one meal at a time. Give yourself grace, stay curious, and remember: sustainable health is built through small choices you can live with and feel good about.



# HABIT 3 DRINK YOUR WATER

## Drink Water—Daily

Your body is made up of **at least 60% water**, so staying hydrated is essential for energy, digestion, and overall health. Drinking enough water can help you feel better physically and mentally throughout the day.

### Why water matters:

- Supports energy, focus, and mental clarity
- Aids digestion and regularity
- Helps flush waste and supports kidney health
- Supports skin health and hydration
- Plays a role in metabolic and appetite support

### How Much Should You Drink?

A simple guideline is to drink at least half your body weight (in pounds) in ounces of water each day.

For example, a 150-lb person would aim for about 75 ounces, or roughly 9 cups of water daily.

### Choose Water Most of the Time

Limit alcohol, sugary drinks, soda, and juice. Choose water as your primary beverage, and add fruit or natural flavorings if needed to make it more enjoyable. Small, consistent hydration habits add up—and your body will feel the difference.





# HABIT 4 MINDFULNESS and Gratitude

## Strengthen Your Mindset

Your mindset plays a powerful role in your health and your life. Your mind is one of your most important muscles—and like any muscle, it needs regular practice. When you intentionally guide your thoughts in a positive direction, meaningful change becomes possible.

### Ways to work on your mindset daily:

- Read books that focus on growth, positivity, and personal development
- Learn from inspiring people and voices
- Seek out coaches, mentors, or trusted development resources

### Even a few minutes can make a difference. Each morning, try:

- Closing your eyes
- Slowing your breathing
- Taking a few quiet moments to reset and refocus

What you feed your mind matters. The more you fill it with positive, encouraging messages, the more that energy shows up in your choices and actions.

### Be intentional about limiting negativity:

- Reduce time spent on social media
- Unfollow accounts that create stress or comparison
- Take breaks from the news when needed
- Avoid unnecessary drama and negative input

Negativity exists in the world—but immersing yourself in it doesn't support your health or your goals.

## Practice Gratitude Daily

Gratitude is one of the simplest and most powerful mindset tools.

### Simple ways to practice gratitude:

- Say thank you often
- Look for small wins throughout the day
- Each night, think of three good things that happened and acknowledge them

This habit is easy to do—and just as easy not to do—but its impact is profound. When practiced consistently, it can create meaningful shifts in your health, perspective, and daily life.

Will you commit to building this mindful habit?



# HABIT 5 REST

## Rest Is a Healthy Habit

Rest is not optional—it's part of the process. Your body needs intentional shut-off time to repair, recover, and rejuvenate. When rest is missing, progress slows. When rest is prioritized, everything works better.

### Sleep: Your Foundation for Recovery

Aim for 7–8 hours of sleep each night. Quality sleep supports physical recovery, hormone balance, mental clarity, and overall health.

Helpful sleep tips:

- Power down screens at least one hour before bed
- Create a consistent bedtime routine
- Keep your sleep environment cool, dark, and quiet

Sleep isn't a luxury—it's a requirement for sustainable health.

### Rest Within Your Movement Plan

Rest is already built into your weekly plan—so take it.

- 1–2 active recovery days (walking, stretching, mobility, yoga)
- 1 full rest day each week

These days allow your body to adapt, rebuild, and grow stronger. Skipping rest doesn't speed progress—it often slows it down.

### Micro-Rest Throughout the Day

Rest doesn't only happen at night. Throughout your day, take short “pit stops”:

- Pause every couple of hours
- Take a few slow, deep breaths
- Step away from screens
- Let your body and mind reset

These small moments of rest help reduce stress and improve focus and energy.

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**Rest is easy to skip. There's always more to do.**

**But rest doesn't slow you down. It makes you better.**

**You come back sharper. Clearer. Stronger.**

**Rest isn't quitting. It's part of getting healthy.**

**So take it.**

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*Healthy  
Habit  
Tracking*

## How to Track Your Healthy Habits

Tracking your habits helps you build awareness, not perfection.

### Daily Habit Scoring

Each day, take a moment to reflect and score yourself for each habit on a scale of 1–5:

1. No effort toward the habit
2. Thought about it, but didn't act
3. Tried a little, but wasn't consistent
4. Gave a solid effort (not perfect, but intentional)
5. Fully committed to the habit that day

At the end of each week, **add up your scores** and look for trends. Progress over time matters more than any single day.



### Important Reminder

**You do NOT need to score a 5 on every habit from day one.**

In fact—you shouldn't.

Going “all in” usually isn't sustainable. Many of us have tried that approach: starting strong, missing a day, getting discouraged, feeling overwhelmed, and eventually giving up. We've all been there.

That's not the goal of this guide.

This is about **long-term change**, not short-term perfection. Health is a journey, not a quick fix.

What we're aiming for is simple:

**1% better each day.**

Small, consistent effort is what creates lasting results.



That's it. **1%**.

Those small 1% improvements may not feel like much in the moment—but over time, they add up in a powerful way. Day after day, those small choices compound into meaningful, sustainable change. And that is what lasts.

## How to Build Habits That Stick

Start simple.

- **Choose one habit to focus on at a time.** It typically takes about 21 days to build a new habit, so give yourself three weeks to focus on just one.
- **Work on it daily—but don't aim for perfection.** You don't need to go all in on day one. Just try to be a little better today than you were yesterday.
- As consistency improves and your scores trend higher, **then** begin adding the next habit.

Small steps, practiced consistently, lead to big results.

## Balance Matters

Healthy habits are about **balance**, not restriction.

Life will happen—and that's okay. Birthday celebrations, late nights, special occasions... they're part of living. This is where the 80/20 rule comes in:

- 80% of the time, focus on building your healthy habits
- 20% of the time, give yourself permission to enjoy life

Just as rest is a healthy habit, so is flexibility. We never want this journey to feel depriving or rigid.

## Focus on the Week, Not the Day

That's why we look at **weekly scores**, not daily perfection. Some days you'll feel focused and energized. Other days, life will take over. Both are normal.

There's no "falling off the wagon"—because there is no wagon.

You're allowed to take a day off now and then. Enjoy it. Track it honestly. Then move forward. Most weeks, you'll still see progress—and that's what matters.

## Final Encouragement

Does this feel doable?

Does it feel realistic?

Does it feel like a breath of fresh air compared to the all-or-nothing approach?

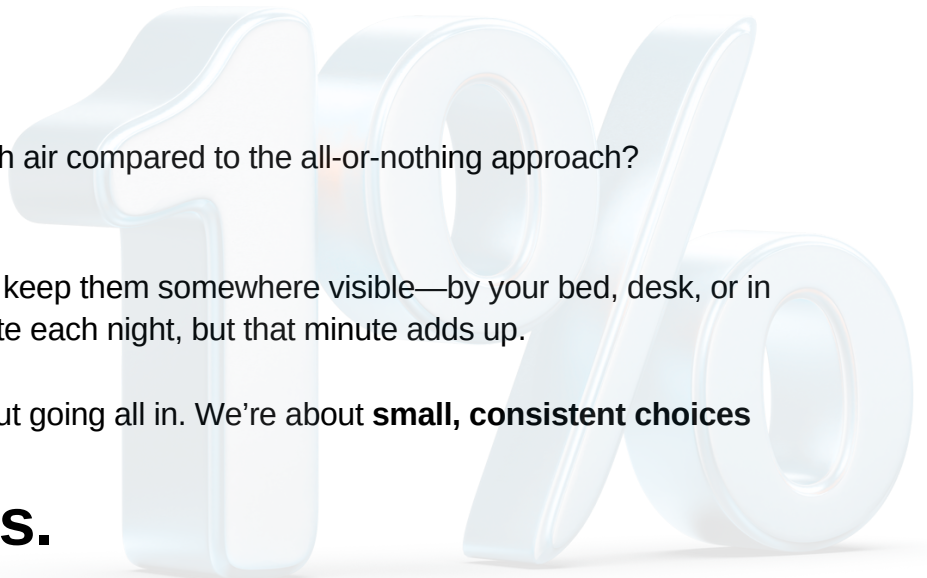
*Good. That's the point.*

Print a few tracking sheets and keep them somewhere visible—by your bed, desk, or in the kitchen. It takes just a minute each night, but that minute adds up.

Your health is worth it.

And remember—we're not about going all in. We're about **small, consistent choices that build lasting change.**

# You've got this.



# HEALTHY HABIT TRACKING

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Ttl
Daily Exercise								
Eat Whole Foods								
Drink Water								
Mindfulness & Gratitude								
Rest								
<b>TOTAL</b>								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Ttl
Daily Exercise								
Eat Whole Foods								
Drink Water								
Mindfulness & Gratitude								
Rest								
<b>TOTAL</b>								

Score yourself each day on a scale of 1–5, then total your score at the end of the week.

1 = No commitment that day

5 = Fully committed

Remember: the goal isn't perfection—it's 1% better each day.