

EASY STEPS TO FEEL
unstoppable



*A guide to the first steps to feeling
your best and taking on the world*

savy wellness





Introduction

As a certified health coach, I am passionate about helping busy professionals find work/life balance and providing them with easy wellness tips that they can incorporate into their daily routines. I understand the challenges that come with balancing a demanding career with a healthy lifestyle, and I am committed to helping my clients achieve their goals in a way that is sustainable and enjoyable.

I provide personalized wellness plans that focus on nutrition, exercise, stress management, and sleep. When time is of the essence and people are pulled in a million directions, I offer small, incremental changes that make a big impact on overall health and well-being.

I am passionate about helping individuals achieve their health goals, whether it's weight loss, disease prevention, or simply improving overall wellness. My ultimate objective is to empower my clients to take control of their health and transform their lives through sustainable, healthy habits.

I believe that it is crucial to create a supportive and encouraging environment that fosters healthy behaviors and ensures that employees can sustain the changes they make.

But I also believe in YOU. The number one way to build confidence is to keep the promises you make to yourself. Start small, stay consistent, and you can achieve anything you set your mind to. I'm in your corner.

In health and happiness,

Savannah Zimmer

Easy Steps to Feel Unstoppable

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01 Rest Assured: Sleep is Your Best Friend

Adequate sleep can help to improve our mood, cognitive function, and immune system. However, many people struggle to get enough good quality sleep. We need a great night's sleep for:

1. Improved cognitive function: Sleep plays a crucial role in consolidating memories and learning. Good quality sleep can improve our cognitive function, including our ability to learn, concentrate, and make decisions.
2. Reduced risk of chronic diseases: Poor sleep has been linked to an increased risk of chronic diseases such as obesity, diabetes, and heart disease.
3. Enhanced immune function: Sleep is essential for maintaining a healthy immune system. During sleep, our body produces cytokines, which help to fight infection, inflammation, and stress.
4. Improved mood: Getting good quality sleep can improve our mood and reduce the risk of depression and anxiety.



Rest Assured

While you sleep, your body repairs itself and resets for the next day. It also compressed memories and thoughts, which is vital for your focus and memory while awake. Every aspect of your life will be improved once you find a great sleep routine and get AT LEAST 7-8 hours a night. You should prioritize sleep above all other health goals.

Tips for a great night's sleep:

- 1** Stick to a sleep schedule: Try to go to bed and wake up at the same time every day, even on weekends.
- 2** Create a sleep-conducive environment: Keep your bedroom dark, quiet, and cool. Use comfortable bedding and invest in a quality mattress.
- 3** Avoid electronics before bedtime: The blue light emitted by electronic devices such as smartphones, tablets, and computers can interfere with our sleep. Try to avoid using these devices for at least an hour before bedtime.
- 4** Limit caffeine and alcohol intake: Caffeine and alcohol can interfere with our sleep. Try to limit your intake of these substances, especially in the evening.
- 5** Relax before bedtime: Engage in relaxing activities such as reading, taking a bath, or practicing yoga before bedtime to help your mind and body unwind.
- 6** Exercise regularly: Regular exercise can improve the quality of our sleep. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- 7** Manage stress: Stress can interfere with our sleep. Engage in stress-reducing activities such as meditation, deep breathing, or progressive muscle relaxation before bedtime to help you relax.

02

Move it or Lose it!



Regular physical activity is essential for optimal health and wellbeing. Exercise can help to prevent chronic diseases, improve cognitive function, and reduce stress. However, many people struggle to find the time or motivation to exercise regularly.

Why we need to move our bodies

1. Improved cardiovascular health: Regular exercise can help to improve our heart health and reduce the risk of heart disease.
2. Better weight management: Exercise can help to control our weight by burning calories and increasing our metabolism.
3. Enhanced cognitive function: Exercise can improve our cognitive function, including our ability to learn, concentrate, and make decisions.
4. Reduced stress and anxiety: Exercise can help to reduce stress and anxiety by increasing the production of endorphins, which are natural mood-boosting chemicals in our body.

Take the Stairs

Instead of taking the elevator, try taking the stairs. Climbing stairs is a great way to get your heart pumping and burn some calories.

Walk More

Try to incorporate more walking into your day by taking short walks during your lunch break, walking to nearby destinations instead of driving, or taking a walk after dinner.

Stand up more

Try to stand up more during the day by taking standing breaks every hour or using a standing desk if possible.

Strength Train

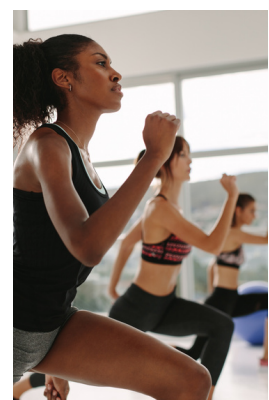
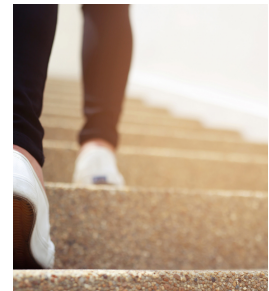
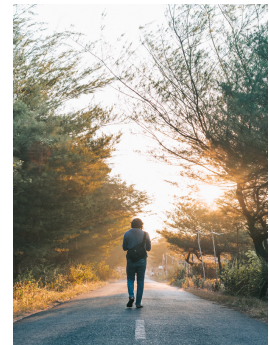
Strength training can help to improve our muscle mass and bone density, reducing the risk of injury and falls. Try incorporating some simple strength training exercises into your routine, such as squats, lunges, and push-ups.

Find an exercise buddy

Having an exercise buddy can help to increase your motivation and make exercise more fun. Try finding a friend, family member, or coworker who shares your fitness goals.

Try new activities

Trying new activities can help to keep your workouts interesting and challenging. Try a new exercise class, take up a new sport, or go hiking on the weekends





03

Chill Out

Stress is a natural part of life, but chronic stress can have negative effects on our physical and mental health. Cortisol, the stress hormone, holds on to fat in an evolutionary defense to keep energy storage for later during fight or flight. Being able to lower cortisol levels by reducing stress allows your body to heal inflammation and use fat as a fuel source.

The effects of stress on the body and mind

1. *Physical effects:* Chronic stress can cause physical symptoms such as headaches, muscle tension, fatigue, and digestive problems.
2. *Mental effects:* Chronic stress can cause mental health problems such as anxiety, depression, and insomnia.
3. *Behavioral effects:* Chronic stress can lead to unhealthy behaviors such as overeating, substance abuse, and social withdrawal.

Common Stressors

1. *Work-related stress:* Work-related stress can be caused by long hours, high workload, poor job satisfaction, and conflicts with coworkers.
2. *Financial stress:* Financial stress can be caused by debt, unemployment, or difficulty paying bills.
3. *Relationship stress:* Relationship stress can be caused by conflicts with family members, friends, or romantic partners.



Daily Stress Management Tips

- ✓ Practice mindfulness: Mindfulness involves being present and fully engaged in the moment. Try incorporating mindfulness into your daily routine by practicing meditation, deep breathing, or yoga.
- ✓ Get enough sleep: Lack of sleep can increase stress levels. Try to get 7-9 hours of sleep each night. (see a pattern... stress impacts sleep and sleep impacts stress)
- ✓ Exercise regularly: Regular exercise can reduce stress and improve our mood. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- ✓ Eat a healthy diet: A healthy diet can help to reduce stress by providing our body with the nutrients it needs to function properly.
- ✓ Socialize: Spending time with friends and family can help to reduce stress and improve our mood. They've found in studies that many of the healthiest cultures in the world prioritize this.
- ✓ Take breaks: Taking short breaks throughout the day can help to reduce stress and improve productivity. Try taking a short walk or stretching break every hour.
- ✓ Engage in relaxing activities: Engage in activities that help you relax, such as reading, listening to music, or taking a bath.
- ✓ Seek support: If you are experiencing chronic stress, seek support from a mental health professional or support group.

04 Break Fast

Breakfast is often called the most important meal of the day and for good reason. A healthy breakfast can provide the energy and nutrients needed to start your day off right. Having breakfast within an hour of waking also sets your digestive circadian rhythm, signaling your body that it's wake time and to start burning calories. Eating first thing in the morning also:

1. **Boosts metabolism:** Eating breakfast can help to jumpstart our metabolism and burn more calories throughout the day.
2. **Improves cognitive function:** Breakfast provides the nutrients needed to improve cognitive function, including memory and concentration.
3. **Reduces overeating:** Eating breakfast can help to reduce hunger and prevent overeating later in the day.



Breakfasts Made for a King



Greek yogurt with berries and almond

Greek yogurt is a great source of protein, while berries and almonds provide fiber and healthy fats. Mix a cup of Greek yogurt with a handful of berries and a few sliced almonds for a delicious and nutritious breakfast.

Spinach & Mushroom Omelet

Omelets are a great way to incorporate protein and vegetables into your breakfast. Whisk together two eggs and sauté spinach and mushrooms in a pan. Pour the egg mixture over the vegetables and cook until set. Serve with a side of whole-grain toast.

Peanut Butter Banana Smoothie

Smoothies are a great way to pack a lot of nutrients into one meal. Blend together a banana, a scoop of peanut butter, a cup of almond milk, and a scoop of protein powder for a filling and delicious breakfast. You can add a handful of spinach or frozen squash for veggies without affecting the taste.



05

Protein and Fiber

Protein takes more calories to digest AND our body only absorbs about 70% of calories from protein, aiding in weight loss, Fiber slows the digestion of the protein, helping keep you full longer and digest properly.

The Why and The How

THE BENEFITS

1. Promotes satiety: Both fiber and protein can help to promote feelings of fullness, which can reduce hunger and prevent overeating.
2. Regulates blood sugar: Fiber and protein can help to regulate blood sugar levels by slowing down the absorption of carbohydrates.
3. Supports digestion: Fiber is essential for supporting digestion and preventing constipation.
4. Builds and repairs tissue: Protein is essential for building and repairing tissues in our body, including muscle tissue.
5. Improved weight management: Both fiber and protein can help to control our weight by reducing hunger and promoting feelings of fullness.
6. Reduced risk of chronic diseases: A diet rich in fiber and protein can help to reduce the risk of chronic diseases such as obesity, diabetes, and heart disease.
7. Improved digestive health: Fiber is essential for supporting digestion and preventing constipation, while protein can help to repair and build tissue in the digestive tract.

HOW TO DO IT

1. Choose whole foods: Whole foods such as fruits, vegetables, whole grains, lean protein, and nuts and seeds are all great sources of fiber and protein.
2. Incorporate fiber-rich foods into your diet: Foods such as fruits, vegetables, whole grains, and legumes are all great sources of fiber.
3. Choose lean protein sources: Lean protein sources such as chicken, turkey, fish, eggs, and tofu are all great sources of protein.
4. Include fiber and protein in snacks: Snacks such as fruits and nuts or vegetables with hummus can provide both fiber and protein.
5. Use whole-grain products: Use whole-grain products such as brown rice, whole-wheat bread, and quinoa instead of refined products to increase your fiber intake.



And a few more...



Get Ready

Even if you don't have plans, start your day putting yourself together. Whatever that means for you. A matching set, skin care, mascara... look good, feel good

Plan Ahead

Plan your day the night before. Find your top tasks and prioritize them. Put them on your calendar and give yourself the time needed to get them done.

Non-negotiables

Find the few things every day that are important and do them every day. A long walk, meditation, reading a book, listening to your favorite podcast, journaling, calling a friend... find 2-3 and stick to them.

Gratitude

There are a lot of gratitude practices, so find one that works for you. Writing down what you are grateful puts you in a positive headspace.