



## **12 Simple Action Steps for Vibrant Health**

**Get 7-8 hours of sleep each night.** It is really important that it is quality sleep. The goal is to wake up feeling refreshed. Your health truly depends on it!

**Cut back or cut out sugar from your diet.** Be aware of the amount of sugar in everything you eat. It is absolutely toxic to your health. Have you noticed how many grams of sugar are in organic yogurt or other processed foods, even when they are considered healthy (not to mention the products that aren't healthy)?

**Try to move your body with some form of exercise every day.** The people in the blue zone areas where longevity is prevalent are always moving whether it's working in the garden or walking each day (it doesn't have to be about intense workouts).

**Drink the right amount of water for your body.** To know how much water is the best for your body, divide the number of your weight in half and drink that amount in ounces each

day. If you are really active or live in hot climates, you will need to increase the amount.

**Eat seasonal and local foods.** These are the freshest and contain the most vitamins and minerals. Your body thrives on what is local and in season at the present moment. You will also be supporting your local farmer.

**Eat organic as much as possible.** Our food today is sprayed with so many chemicals, pesticides and herbicides. Those chemicals get into the soil and then into the root system of the plants we eat, not to mention what is sprayed on the actual produce itself. Yuck!

**Educate yourself on the toxic ingredients in your body, skin, hair and cleaning products.** Don't use products that contain them! These toxic chemicals have been linked to many health problems such as, cancer, respiratory issues, disruption in hormones and reproductive problems. You can refer to [www.ewg.org](http://www.ewg.org) for a list of ingredients to avoid as well as lists of safe products to use.

**Purchase plants for your home and/or office that help purify the air of toxins.** We are, surrounded by toxins every day. They are in the air all around us. We are exposed to toxins inside from the paint on the walls, the furniture we sit on and sleep on as well as the products we use to cook and clean with.

**Practice self-care every week.** If you don't take care of yourself, you won't be any good to those around you.

**Eat right for your individual needs.** We are all bio-individual. One person's food can be another person's poison

(no more fad diets). Learn to listen to your body and which foods help you feel energized and healthy emotionally and physically.

**Eat more whole foods 80% of the time.** Allow yourself a little indulgence, 20% of the time. If you are too strict with your way of eating, you will end up craving the foods you are trying to stay away from. This might result in overeating. Instead of the whole slice of cake, allow yourself a few bites. Don't punish yourself for the indulgence. It's all part of balance.

**Repair broken relationships that are important to you and release those relationships that bring you down.**

Surrounding yourself with positive people and relationships will help shift your outlook on life. It is very important to a healthy mind and body to remove negativity.

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