

What is a healthy diet?



It means forgetting everything social media tells you and ignoring the fad diets and restriction.

Now, because of all the conflicting information available online, people have absolutely no idea what healthy eating is anymore. It's no wonder we've lost sight of what it means to have a healthy, balanced diet. And because of this, people seem to think eating healthy is hard, but it doesn't need to be. It can be easy -- it's only as hard as you make it. This is the problem with the perception of healthy now, that people have to be perfect, so they don't bother. Perfection is impossible and not necessary.

Stop categorizing real foods as “good” or “bad”

Real food, that is, foods found in nature or that are very minimally processed, is neither inherently “good” or “bad.” While some foods have higher nutritional value than others, each category of foods can serve us in a beneficial way. The key here is, of course, variety and moderation. Subsisting off pasta alone is never a good idea, but there is no credible reason why the average person should completely eliminate carbohydrates from their diet.

Eliminate words like “cheat” and “splurge” from your food vocabulary

The notion of cheating in anything is wrapped up in all sorts of negativity, and when we apply it to food, it can just lead to unnecessary feelings of guilt and remorse when we cheat or indulge in “off limit” foods. Having a ‘splurge meal’ reinforces the idea that food is a ‘reward.’ - We are not dogs. We don’t get rewarded with treats.

Break free from rules

The food world is filled with all sorts of rules. Sure, some make a lot of sense, like “Drink Plenty of Water,” but others are completely obscure, such as “No Eating After 7 PM.” With just a bit of research and some common sense, you can decide for yourself which diet “rules” are just general guidelines that work for you and which ones are meaningless for your lifestyle and personal health. If your gut seems to be unaffected by legumes, do you need to follow a strict Paleo diet?

Trust yourself, and don’t beat yourself up

Part of any healthy relationship is a level of trust. Many of us have some trust issues with food, which is why we don’t allow ourselves to be around certain trigger foods, like candy or cakes, or why we resort to strange behaviors. This can leave us craving something so bad that by the time we finally give in, we don’t just “splurge,” but we make ourselves sick. We’re humans after all; we’re genetically predisposed to crave certain foods that are comforting and produce the feel-good hormone serotonin, so it almost goes against our human makeup to commit to an eternal sugar-free lifestyle. But by allowing your cravings to manifest themselves in more healthy ways, you’ll probably find that you’ll eventually come to crave the “healthy” version of your favorite junk food instead.

Learn about food, and what makes you feel best

There is no “one diet fits all.” While some statements about eating better are universally true, including cutting out processed and fast food, ditching soda, and cutting back on sugar intake, many other dietary rules that involve elimination of certain foods and drastic reduction of calories cannot and do not work for every individual. Take some time to read labels and understand the important role that each nutrient plays in your health. Do your own research and spend some time experimenting before deciding that a certain diet is right for you. You just may find out that the best type of diet is no real diet at all.

Upcoming Events

Girlfriend Getaway Mini Retreat

Saturday, June 22nd @ 12pm

- Enjoy a Catered Lunch
- Design Stamped Jewelry
- Create Essential Oil Skin Care
- Therapeutic Drumming
- Progressive Relaxation Techniques
- Guided Meditation

\$50 to register go to:
beyondpersonaltraining.org
or log onto

Beyond Personal Training
on Facebook for a chance to win
tickets by tagging a friend who
needs it!

4 Week Wellness Series

The first 4 Monday's in July
7/1, 7/8, 7/15 & 7/22 @ 6:30pm
held in the Elite Yoga Studio

Wk #1 Back, Core & Pelvic Floor

Wk #2 Meal Prep 101

Wk #3 Ditch the Diet

Wk #4 Finding Balance

\$25 per Class / \$80 Series of all 4

* If you sign up for coaching
within the month of July, the
series will be included, inversely
if you go through the series and
then sign up for coaching the
cost of the workshops will be
subtracted from the cost of
coaching.

Workout of the Week

Planks & Burpees:

start with 10 Burpees followed by a 30 second plank

then 9 Burpees & a 30 second plank, 8 & 30, 7 & 30 and so on...



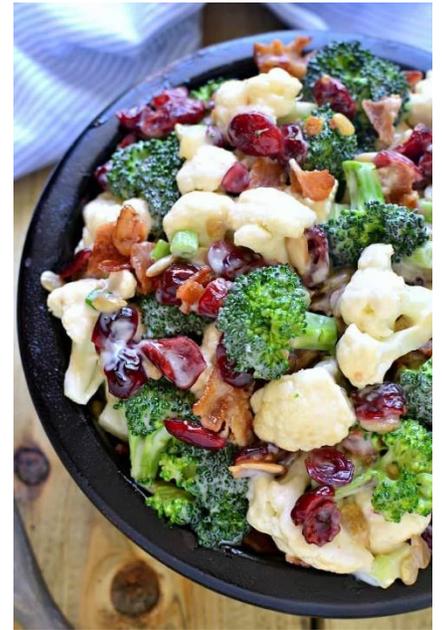
Broccoli & Cauliflower Salad

Ingredients:

- 4 cups broccoli florets
- 4 cups cauliflower florets
- 1 (12 ounce) package bacon (cooked & chopped)
- ¼ cup dried cranberries
- ¼ cup green onions (chopped)
- ¼ cup unsalted sunflower seeds
- ½ cup plain yogurt (not Greek)
- ½ cup low fat mayo
- ¼ cup honey
- 1 teaspoon ground mustard

Instructions:

In a large bowl, combine broccoli, cauliflower, bacon, dried cranberries, green onions, and sunflower seeds. In a separate small bowl, combine yogurt, mayo, honey, and ground mustard and mix well. Pour dressing over broccoli mixture and toss to coat.



Father's Day Special

\$5 off Gift Certificates

(In house or online)

\$75 Integrated Massage Sessions now available

An Integrated Massage can be a combination of any therapies that your therapist feels you may benefit from. This may include but is not limited to Deep Tissue, Cupping, Essential Oils, Hot Stone, Rossiter, Reki, Reflexology or Cranialsacral

✚ Some therapists may not provide all techniques