

Healthy Habits Jenny Chestnut

Now is the time to live life beyond the ordinary. This 90 minute presentation and yoga class will spark your interest in self care, mindfulness, healthy eating and of course, yoga. Yoga is for EVERY body.

Every day is a new beginning and we often have to restart, readjust and refocus.

7 Healthy Habits- Things to Consider

1. You can only control you

Write a list of what you have control of. You will soon see - it is not too much. Maybe you will find it is even hard to control yourself. Do you find it difficult to control what you do, say and think? Stop trying to run the show. You are just one person. Control yourself.

Focus on you.

2. Move

Physically move in any way you can. No you don't have to take a class, just move. Don't sit down. Dance around, do some jumping jacks. Lift something heavy. Take my online classes on Tuesday at 7:30 am and Friday at 8 am. You can even get the recording which is good till the next class. No excuses to move.

3. Meditate

Start this today!

Just hold still and breath to start.

Sit outside and breath.

Use an app that can guide you.

3 x's a day lay down on your yoga mat and just breath. Listen to music if you like. Start with just two minutes. Set your timer but don't look at your phone. It's just two minutes.... you can do this! Think about your breath. Count it. If you forget what number you are on, just start again.

4. Sleep

Sleep more and sleep better. Develop a sleep routine. Sleep reduces stress. Use calming music, blue blockers before bed, weighted blanket, stop watching tv before bed, and skip the news all together.

5. Snack

Snack less, actually don't snack at all. Every time you take a bite of food your body has to digest it. Each time you eat your blood sugar and insulin goes up - this is normal. So, if you eat 3 meals a day in between meals the blood sugar and insulin will lower since you are not eating. If you are constantly snacking your blood sugar

and insulin are always high and you will gain weight. Stop snacking. Only eat 3 meals a day, try two meals even better. Trust me, you will survive. Try it for a week and see what happens.

6. Hydration and upgraded food

Drink water. Eat less sugar and processed foods. Eat more greens. Less fruit. Eat nutrient organic food first. Push in the good food and eat less of the bad. Crowd it out. Watch *Game Changers*, *What the Health*....upgrade what you are eating.

7. Set smaller goals

Little small goals- like floss your teeth more. Do 10 squats while you are brushing your teeth. Try to attach the goal to something you already do. Do a shot of apple cider vinegar 30 mins before dinner to reduce your blood sugar. Swish with water after because it will damage the enamel on your teeth (expert tip). Small goals and if you skip a day try to remember the next day or start again on Monday. Don't stress if you forget it, you are moving in the right direction. Little goals that take care of you. Drink herbal tea, try a new recipe, chew each bite of food 20 times, do a plank each day. You got this!

And #8 which is not really a habit but something that you may consider. STOP DEFENDING and EXPLAINING YOURSELF. You don't have to. If someone questions you and puts you into a defensive role, just nod and say you will consider what they are saying. Defending you just works you up. Stop explaining yourself. You don't have to explain or convince anyone. You do you. Lead by example. Don't doubt you. You've got this.

Remember friends- some tasks you can be average on. You don't have to get an A+ in everything. Get an A+ in self care and taking care of your family.

Let's Connect:

I am not a doctor and have absolutely no medical training. This handout is for general guidance and I would love to talk to you more about anything I have mentioned today or any day.

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Chimichurri Herb Sauce

3/4 cup parsley densely packed
3/4 cup cilantro densely packed
1/3 cup oregano densely packed
4 garlic cloves, peeled and chopped
2/3 cup olive oil
1/3 cup lemon juice
2 tbsp. lemon zest
1-2 tbsp. hot red pepper flakes
1 tsp sea salt

Zucchini Hummus

2 cups of chopped zucchini
1 1/2 cup tahini
4 cloves garlic, peeled
1/4 cup olive oil
1/4 cup lemon juice
1-2 tsp mineral salt
1 pinch cayenne pepper
1 tsp paprika

Red Bell Pepper Dressing

1 large red bell pepper chopped
1/4 cup carrot, chopped
1 tbsp. ginger
1 clove garlic
2 1/2 tbsp. lemon juice or 1 1/2 tsp apple cider vinegar
1 tsp mineral salt
1/2 cup olive oil or avocado oil

Golden Mylk

2 cups of almond milk
turmeric to taste- put less to be sure you can drink it
1/2 teaspoon cinnamon (poor man's insulin - good for blood sugar)
pinch of black pepper
scoop of coconut oil (makes the turmeric better to absorb by the body)
raw honey or maple syrup to taste

Heat it till melted. Don't overheat. Then heat in blender- it will smooth and creamy. **Turmeric does stain.**

