

# 5 THINGS THAT ALL HEALTHY PEOPLE DO



# Schedule Healthy Habits

Whether it's meditating for 10 minutes in the morning, scheduling an exercise class 3 times a week, taking supplements at the same time every day, or making a healthy, delicious green smoothie for breakfast each day, healthy people "schedule" the healthy tasks. Things that matter most should be in your calendar and should be put on "auto-pilot" just like brushing your teeth every day. Want to be healthy? Schedule it!



**What's  
Important  
to You?**

# Eat Paleo-Terranean

The best nutritional program that we as wellness professionals know is a blend of the Paleo and the Mediterranean diets. In order to follow those nutritional programs, remove the refined grains and sugars from your diet, eat fruits and vegetables from the rainbow (greens, blues, reds, yellows, etc.). Remove the dairy from of your diet, as it can really clog up your system. Eat high fiber foods from plants. Eat healthy fats such as salmon, avocados, extra virgin olive oil, extra virgin coconut oil, nuts, and seeds. They are loaded with anti-inflammatory Omega-3's. Remove processed and fast food from your diet. Eat small meals more frequently, and avoid eating 3-4 hours before bed. Use water as your primary beverage, and drink  $\frac{1}{2}$  your body weight in ounces throughout the day.



# Maintain Great Posture & a Strong Core

Posture follows movement like a shadow and if you don't have good posture, core strength and flexibility, you will get old and stiff very quickly. The 3 fundamentals of great posture and a strong core are

- **Alignment:** To ensure proper alignment, get adjusted by your Chiropractor.
- **Mobility:** To increase your mobility, learn to stretch your core, hips and shoulders properly. In our office, we have a specific mobility program for the core called "posture prep".
- **Core Strength:** To promote core strength, you must engage in core strengthening exercises such as planks, squats, sit-up, back extensions, rows and more.

If you are engaged in regular exercise that focuses on Alignment, Mobility, and Strength, you will move well with perfect posture and your golden years will be golden!



# Focus On Constructive Thoughts and Emotions

Are your thoughts constructive and do they serve you, or are they destructive and rob you of your ability to express joy? Our thoughts control our emotions and, ultimately, our behavior. Our behavior determines our success in life. The great news is that instead of allowing our environment to control our thinking, we can proactively focus our mind on what we want instead of what we don't want. Practices like meditation and mindfulness are effective ways to manage stressful thoughts (worry, fear, guilt). Healthy people not only have healthy physical bodies, they have healthy thoughts and emotions!



MINDFULNESS

# Supplement Daily With High-Quality Nutrients

Our bodies require certain constructive nutrients: Sunshine, Vitamin D3, B-Vitamins, Co-Q-10, Omega-3 fats, Probiotics for our gut, Anti-oxidants, and other Vitamins and Minerals. Healthy people get the optimal requirements for healing and growth. Make sure you get guidance from a qualified doctor on which supplements to take based on your individual needs and to ensure high quality supplements are being provided.

