

21 DAYS TO A HEALTHIER YOU!

HOW THIS WORKS

Here's how this works! For the next 21 days you are going to add something to your daily routine. Meaning, by day 8 for example, you will be doing eight new things every day. They are short and sweet tasks that won't overwhelm you and your schedule, rather bring health and positivity to your day. Ready...Set...GO!

DAY 1 - WATER

Drink 8 glasses of water every day. Already do? Add one ounce of Raw Organic Apple Cider Vinegar and a squeeze of lemon to your morning glass.

DAY 2 - SUPPLEMENTS

Start taking a multi-vitamin if you don't already. Other important ones to add are Vitamin D, Vitamin C and Fish Oil.

DAY 3 - MOVE

Start getting active first thing in the morning. Start with 10 sit ups, 10 squats, 10 lunges (5 each side) and 10 push ups (even if from your knees or on the wall!). Every day, increase this number by 2.

DAY 4 - LOVE FEST

Head to the bathroom and look at your beautiful self in the mirror. Tell yourself three things that you love about YOU! These can be things about your looks, your personality, your abilities. Bonus points for tracking this in a Journal. More fun? Grab a lipstick and write on your mirror your favorite thing about YOU!

DAY 5 - LET'S TALK BREAKFAST

If you are eating processed cereal, today is your last day. No more high-sugar, high salt, processed cereal. We're going to make real food every morning. We want you to be nourished for every day with healthy food. Here are two easy suggestions:

1. Oatmeal. It's quick and easy and will keep you feeling full for a long time. For added bonus points, add wheat germ, hemp hearts and cinnamon.

2. Eggs. Eggs have got a bad rap over the years...but that has all changed! Eat two eggs any way you like them. Have a slice of WHOLE GRAIN toast (yes - that's right! No more white bread in the house!) and a piece of fruit. A cup of coffee or tea too!

DAY 6 - GET YOUR GREENS ON!

We wish that we all ate a perfectly balanced diet every day, with 6 - 8 servings of beautiful veggies. But let's be real - who has time for that? Purchase a Greens Supplement online or at your favorite health food store and take it every single day. If you're looking to add more greens to your fridge, here are our favorites - fitcommunications.ca/my-favourite-greens/

DAY 7 - MOVE...MORE!

How are those morning workouts coming along? We're going to add a bit more to your activity level this week. We want you to get moving for 20 - 30 minutes at lunch time on a power walk. Grab a co-worker, your dog, your kids or just keep it to yourself. Walk for 20 - 30 minutes. We don't care how fast you go or how far you go, just go. Get some fresh air into your lungs and some pep into your step.

DAY 8 - GROCERIES

How's your grocery shopping routine?

We have three tips when heading to the grocery store:

1. The majority of your cart should be filled with vegetables and fruits.
2. When choosing protein, think lean! Some examples are chicken, eggs and salmon.
3. Try adding more nutrient dense foods to the mix. Check out: fitcommunications.ca/eating-nutrient-dense-food-what-it-really-means/

DAY 9 - GET EXCITED!!!

We're on a mission for you to feel amazing! Today starts a new routine before you even get out of bed. Tell yourself three things that you are excited about happening in your life. These can be as little as 'I am excited to have my first cup of coffee today' to big things like 'I am excited to plan my wedding'. Three things. GO!

DAY 10 - LOVE THAT SMILE

How is your dental hygiene? Your mouth is the start to your entire digestive system. Don't you want it to be clean and healthy? How often do you floss? Unless your answer is every day, day 10 is starting fresh! Brushing and flossing twice a day. It takes 6 minutes total. You have time. Get on it!

DAY 11 - GET SOME ZZZS...

SLEEP is key to a healthy life. Are you getting enough? It is suggested to get 7 - 9 hours per night. If that sounds like a dream rather than your reality, we have two quick tips. First, stay off of electronic devices 30 minutes before bed - including TV. Secondly, if your mind doesn't want to shut off, try leaving a pen and paper on your night table. Sometimes if we simply write things down they will leave our minds for a more restful night sleep.

DAY 12 - DITCH THE DEAD WEIGHT

Sometimes we need to eliminate a few bad habits to get healthy. List three things that are not serving your healthiest self and TODAY make a conscious effort to stop ONE of these. If you're a smoker, please stop. If cold turkey sounds overwhelming, talk to your health care professional for some help. If you drink daily, cut back - perhaps just to just the weekends. Identify any toxic relationships you have and evaluate who you spend your time with.

DAY 13 - HAPPY GUT

We have you on a couple of supplements, but now we want to talk about your gut health and recommend a probiotic. Talk to your health store personnel for the best brand for you.

DAY 14 - STRETCH

Whether you join a yoga class or watch a video on YouTube teaching you how to stretch those limbs out, try to stretch daily. Even if it is only for five minutes, it will make your body and mind feel better.

DAY 15 - OILS

What are you cooking your food IN? Sometimes it's not just what we are eating, but what it is made in. Our two favorite options for cooking are organic coconut oil and extra virgin olive oil.

DAY 16 - HAVE MORE SEX!

Have more sex! This should have been #1 on our list! Here are our top ten reasons that sex is great for your health - fitcommunications.ca/top-10-reasons-sex-health/. But let's be real...it's amazing because it feels SOOOO good!

DAY 17 - GROCERY SHOPPING - IT'S NEVER ENDING!!

We're back at the grocery store for one of our favorite tips! Only shop the perimeter of the grocery store...meaning avoid the aisles. The aisles tend to be loaded with processed food with ingredients that we can't even pronounce, let alone do we know what they are. Stick to the perimeter of the store for the healthiest options (and don't forget day #8 tips!)

DAY 18 - GET PUMPED!

We want to add a bit of weight training to your day. So far, you are walking for 20 - 30 minutes and should be getting stronger with your morning routine. Today we want you to start doing a bit of weights - even if at home. We know that not everyone can afford a gym membership, or maybe just aren't there yet. Here is a workout you can do from home at any level of fitness: fitcommunications.ca/at-home-workouts-for-you/

DAY 19 - YOU'RE SWEET ENOUGH

We know sugar tastes good, but it's doing more damage than you might know. It's bad for your waistline, hormones, brain, teeth and liver. It's linked to diabetes, heart disease and cancer. It's addictive. We know this. But you need to stop. Your first step is to see what and when you are eating sugar, then slowly start to consume less. If you drink a double-double, maybe switch to a single sugar starting today. If candy is your go-to late night snack, have 5 instead of 10. You know it isn't serving your healthiest self...time to make some conscious decisions!

DAY 20 - GO NUTS!

Nuts got a bad rap a few years ago. Sure, they are high in calories, but they are such a nutrient dense food that is a GOOD fat, you need to add them to your diet. There really isn't a bad nut out there! If you can get a handful of your favorites (raw, unsalted preferably!) you're on track with our healthy habits.

DAY 21 - SPICE UP YOUR LIFE

There are some great tasting healthy spices out there to add to your cooking routine. Turmeric, garlic and cayenne pepper are our top three. Try adding them to your eggs or chicken!

THAT'S IT!

Are you ready to take the next step on your health and nutrition journey?

Andrea from our team is a Certified Integrative Nutrition Coach and would love to schedule a FREE health consultation with you. Email her at andrea@fitcommunications.ca or call 204.770.2203 to book yours today.