

Seven Tips

TO EMBRACE

A HEALTHIER YOU



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Tip

01

GET PLENTY OF SLEEP

According to a University of Pennsylvania study published in the journal *Sleep*, people who skimp on sleep are more susceptible to emotional distress. Researchers found that sleep-deprived people tend to struggle with even the smallest tasks throughout their day. Getting enough sleep is an important part of your recovery.



Tip

02

TRY ONE NEW FRUIT EVERY WEEK

Apples and oranges are great but there are a lot of other healthy fruits out there that will delight your taste buds. Acai Berries, grapefruits, blueberries, blackberries, cantaloupes, cherries, cranberries, dragon fruit, grapes, kiwis, plums, pomegranates, avocados, papayas, raspberries, pumpkins, watermelon, pineapples while not as popular as apples and oranges, all provide you with various health and nutrition benefits. For as many weeks as you can, why not expand your horizon and try and select a new fruit to try each week?



Tip

03

**TRY ONE NEW VEGETABLE
EVERY TWO WEEKS**



Fruit is wonderful but vegetables are the key to a long life. Yet 87 percent of Americans fail to meet their recommended daily intake of vegetables. If you're not crazy about vegetables, try livening them up by combining them with other foods, grilling them or adding different seasonings.

Tip

04

DRINK PLENTY OF WATER



The common thinking used to be that you need to drink eight 8-ounce glasses of water a day. But that recommendation has changed. According to an article on WebMD, you should drink between half an ounce and an ounce a day for each pound you weigh every day. So if you weigh 150lbs you should drink between 75 and 150 ounces of water a day. If you live in a cooler climate and/or tend to have a more sedentary lifestyle you should shoot for the higher end of that range. Keep in mind what American philosopher Henry David Thoreau once said: "Water is the only drink of a wise man."

Tip

05

**ELIMINATE ONE
UNHEALTHY FOOD OR
BEVERAGE EACH MONTH**

Products made with refined sugar, processed foods, sugary drinks, high calorie fruit juices, smoothies packed with sugar, designer coffees, muffins, donuts, diet soda, fast food are just a few of the things you might want to gradually eliminate or at least cut back in your diet. If you focus on one item a month, it won't take too long for you to start looking and feeling better.



Tip

06

LEAVE IT AT THE STORE



When it comes to food the best way to force yourself to have more willpower is to reduce your temptation. And the best way to reduce your temptation for cookies, donuts and other items that you know are fattening and you have weakness for is not to keep any in the house. This also works great if you're trying to cut down on your alcohol consumption.

Tip

07

THINK EXERCISE



Get your body moving and your blood circulating. If you find yourself craving something, or struggling emotionally, go for a walk instead or do some light exercises. (Use my two-week recovery exercise program to begin with)

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A HEALTHIER YOU

Recovery is a winding road, and each path is different. But it's important to know that what happened is not a reflection of who you are or what you have to offer. The best part about a second chance is that YOU get to decide how you're going to spend it. You can make the most of it by looking toward the future and doing everything you can to live a healthy lifestyle. If you make these seven tips a habit all year round, you can't help but look and feel better all year round.



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