



## 13 Healthy Steps

- 1) Reduce your carbohydrates (including starches like white potatoes, corn, white flour and baked goods) and eliminate sugar as much as you can.
- 2) Eat breakfast every day. Make sure it's healthy and has some protein. Coffee and pastry does not count!
- 3) Eat well balanced meals in moderate portions.
- 4) Remove processed oils (vegetable oils) from your diet. Use healthy oils such as olive, coconut, real butter, and avocado.
- 5) Eat as organically and as minimally processed as possible.

**Healthy foods include:** grass-fed meat, full-fat dairy, whole eggs, real butter, organic produce, anything from the farmer's market.

**Examples of processed foods:** cereals, butter alternatives, low-fat dairy, crackers, things in boxes, bags and cans, breads, fast food, frozen dinners, egg-beaters and GMO foods.

- 6) Drink water. Aim for 1/2 your body weight in ounces a day. You can add lemon or lime to the water, or have herbal tea. NO artificial sweeteners or sodas.
- 7) Don't go too long without eating or skip meals.
- 8) Eat mindfully. Chew slowly and enjoy every bite.
- 9) Learn to cook and eat at home.

- 10) Make your exercise effective, efficient and consistent. Cardio intervals, weight training, yoga and Pilates are all great ways of getting and staying in shape.
- 11) Deal with stress and get some balance in life. Make sure you have enough down-time, don't watch the news too often, and learn how not to over-think.
- 12) Get proper sleep. Practice good sleep hygiene.
- 13) Be Grateful!