



a Foodie Stays Fit

Healthy Not Hectic

PHASE III: UP YOUR HEALTHY GAME

A 21-day Blueprint to Build a Healthy
Lifestyle that Lasts



HEALTHY NOT HECTIC

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The reason I focus on ADDING rather than stopping or breaking habits is that I find it's easier to increase positive behaviors than it is to eliminate bad behaviors. Plus, I'm a firm believer that the more healthy habits you ADD in, the easier it will be for the unhealthy habits to slip away.

KEYSTONE HABITS

The first three days' tasks that I want you to add in are often referred to as keystone habits. These types of habits have a trickle-down effect and lead to a chain reaction of additional healthy habits. For example, exercise is a keystone habit; people who exercise are more likely to eat better, be less stressed, and be more productive employees. Or, if you stay hydrated, you're less likely to overeat since people often eat because they mistake thirst for hunger.

Ready? Let's go. Don't forget to print this email so you have your daily tasks handy!

DAY 15 | UP YOUR WORKOUT GAME

If you're new to working out and are at ground zero, I want you to start. Start somewhere. Walk for 15 minutes outside or on a treadmill, if you have access. Do a workout video (there are tons of workouts on YouTube!). Just do something to get active. If you have an established workout routine, mix things up. Take a kickboxing class, a new yoga practice, or anything that you haven't done before.

DAY 16 | GO TO BED 30 MINUTES EARLIER

You've been going to bed 15 minutes earlier to help you de-stress as part of Phase I. Now I want you to go to bed 30 minutes earlier. If you can go to bed 45 or even 60 minutes earlier, do it! Having adequate sleep (7-9 hours! And be honest...do you get that?), increases willpower, which lessens the likelihood of making poor food choices, and will give you more energy to work out.

DAY 17 | INCREASE YOUR WATER INTAKE

Track your water intake! You may think you drink enough, but more often than not, you're over-estimating. Aim for half your bodyweight in ounces, e.g. a 150 pound person should drink 75 ounces of water. If you exercise intensely or drink a lot of coffee (which is dehydrating), add in 8-24 extra ounces to compensate.

DAY 18 | ADD IN AN EXTRA VEGETABLES EACH DAY

If you don't like veggies, experiment with how you get your veggies in until you find a way you enjoy. A few ideas: Add an extra veggie to your salad like cabbage or zucchini, eat a green smoothie for breakfast, roast some hearty vegetables (chop broccoli or cauliflower into florets, toss with olive oil, salt and pepper; roast at 400* for 25-35 minutes), add chopped onion, spinach, peppers to scrambled egg or order a small salad for an appetizer rather than something fried or heavy! Keep trying different ways to get veggies into your life - one way will stick!

DAY 19 | LEARN TO SAY NO

Adding this word to your vocabulary will add more time and freedom to your life, to do the things you really want to do. Get more comfortable saying no. Start by saying no to small things - do you want your coffee refilled? No, thank you. Then try bigger things - Do you want a second helping when you're already full? Do you want to skip your workout because you "should" go to that happy hour? No, thank you. You obviously can't say no to everything, but you also shouldn't say yes to everything, just to be polite. We just don't have enough practice saying "no"! Try it out! It's pretty liberating. And remember, you can strengthen your willpower like a muscle and this is a good workout for it!

DAY 20 | GIVE YOURSELF SOME GRACE

Don't expect perfection. Don't expect that you'll never give in to a giant pastry at the coffee shop. In fact, I think sometimes you SHOULD give in to the cream cheese danish with fresh blueberries. Being too hard on yourself adds extra stress and we know the negative impact of stress on our ability to make lasting changes. Strive for healthy choices 80-90% of the time and really savor the 10-20% that you consciously choose to indulge or take a day off.

DAY 21 | REFLECT ON YOUR SUCCESS

Celebrate how far you've come. Identify 1-3 things you're really proud of that you've changed over this mini-course. Write them down! Share on Instagram! It's okay to celebrate big and little wins. It's not bragging - it's inspiring. Find an accountability buddy (or two!) for moving forward, as you continue to really enforce these habits. I have two accountability buddies. Your accountability buddy needs to be someone who will support you in your healthy habits, who won't tell you that it's okay to give up all the time, that it's okay if you fail, that you're only human, and a very busy human at that. You need someone who believes in your ability to stick with it and will encourage you to do so.

I believe in you. And you should believe in you too.