


Your 6-Step Guide To A Healthy Lifestyle!



By Natasha Balan
Wellness Coach

A group of people, mostly women, are seen from behind in a grassy field under a bright sky. They are all making heart shapes with their hands, holding them up towards the sky. The image has a soft, greenish-yellow tint.

Points To Ponder

Think about your life.

In 10 years what do you want?

What's the path you are on with your health? Where would you want it to go? Looking back are there things you would have done differently?

Well you can't change the past but you can definitely change your future - starting now!

Your life matters - why not enjoy the best kind of health you deserve!



Step 1

Make A Decision & Set A Goal

At some point we've all thought about the state of our health, but we aren't motivated enough to want to do something till it's too late.

If you've decided to do something about the quality of your health, let's start by setting some goals.

Here are some you may want to consider:

1. I want to lose X kgs. and get close to my ideal weight
2. My BMI needs to be in the normal range (18.5 – 24.9)
3. My waist needs to get to lower than 35 inches
4. I want to improve my energy and stamina





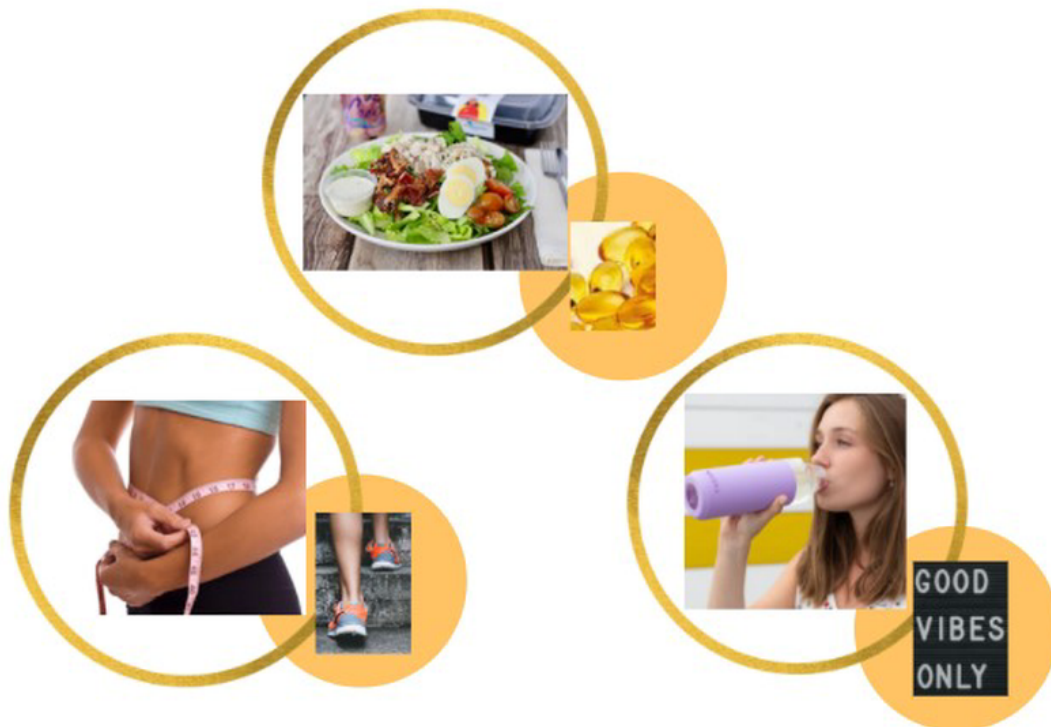
Step 2

Find A Program That Has All The Right Results

A wholistic approach to improving your health must address, diet, exercise, water and a positive mindset. Your ideal program should enable you to stay consistent and develop new habits by replacing old ones. You'll need a coach to work with so that you're set up for success long term.

Suitable Programs should include:

1. Understanding your food (Carbs, Fats, Protein, etc.)
2. Walking 10,000 steps per day
3. Drinking 2.5 to 3 ltrs. of water each day
4. Developing a positive mindset





Step 3

Understand Your Nutritional Requirements

Make sure your program incorporates all food groups. Your body required good carbs and fats, adequate protein, vitamins, minerals and organic supplementation (to bridge the gaps in your nutrition).

You need to learn how to plate up, and it's time you figured it out you for yourself. That's called being in control!





Step 4

Pick An Exercise Routine That's Sustainable, Long Term

Walking is the simplest form of exercise and one that can be done at any age, time and without equipment. It helps maintain a certain level of physical fitness and also contributes greatly to cardiovascular health and supports inch loss and fat burning.

What you're going to need:

1. Track your steps – min. of 10,000 steps daily. Get a pedometer (preferably one worn on your wrist) to track your progress.
2. Try and get an early start, 5000 Steps before breakfast is a good way to begin the day.
3. A good pair of walking shoes.





Step 5

Important To Stay Hydrated

70% of your body is made up of water. Every one of your cells, organs and tissues use water to help keep your body temperature regulated.

If you have a tendency to drink less water everyday, it's important to make a conscious effort to stay hydrated.

Tips to make sure you're getting enough:

1. Set a reminder to have a drink of water every hour.
2. Measure your water intake – at least 2.5 to 3 ltrs. per day.
3. Keep a bottle of water handy always.





Changing Your Mindset

Change in your daily habits can guide your life to a very different destination. But to develop new habits you need to replace the old ones. Ensuring that you have the right food for thought is extremely critical for your long term success.

Getting Your Thinking Right:

1. Ensure you write out your goals daily and list down your affirmations
2. Listen to an audio of success principles and habits, daily.
3. Find a community of people that are focused on optimal health.





By Natasha Balan

www.nutritionandbeyondind.com

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