

BASIC WELLNESS GUIDELINES

A reminder that it's not actually that complicated.

Losing weight, maintaining that weight loss, and living a healthy lifestyle can seem overwhelming at best. This is my nudge to remind you that at baseline, health is just about hydrating, fueling your body, and moving a little every day (or a lot).



HYDRATE

Our bodies are over 60% water. There's no way to get around the positive effects of proper hydration and the negative effects of dehydration. To drink enough aids your body in flushing out toxins and thriving, and to not sets you up for low energy, headaches, and increased faux hunger.

I always tell me clients to aim for a gallon, especially if they're staying active.



MOVE YOUR BODY. (EVERY DAY)

There is no diet or lifestyle modification to replace good ol' exercise, folks. Get your body moving, preferably in a way that you enjoy. I recommend finding friends that stay active and seeking out active hobbies that promote it.

Aim for 30 minutes of purposeful exercise per day.



EAT FRUITS AND VEGGIES

Eating in a healthy, balanced way helps to fuel your body and gives you the ability to thrive in daily life.

Incorporating a higher amount of fruits and vegetables is a great way to increase your nutrient intake.

Aim for protein, fat, and carbohydrates in every meal.

Rest and refresh. My favorite way to do this is to make your bedtime and morning routines a little more mindful. Pick a reasonable time for yourself at night to turn off electronics, and schedule in time in your mornings to breathe, stretch, and do something you love (even if it's cuddling the dog) before you reach for your phone or check emails.