ART *of* AGING
SECRETS

LOOK **GOOD** & FEEL **GREAT** *NATURALLY!*



Contents

- Nutrition
- Sleep
- Meditation/Prayer
- Joy
- Days 1-3

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Eating Right



1 The nutrients found in the food you eat support the activities of day-to-day living, protect your cells from environmental damage and repair any cellular damage that might occur.

2 Eating more whole foods and fewer calories is an important part of losing weight, but it's only one important part of being healthy.

3 Eating healthy makes you feel healthier and feel better about yourself.

4 Start slow and make changes to your eating habits over time.

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Eating Right

Some ways to eat healthy are:

- ✓ Spread your calories throughout the day
- ✓ Don’t skip meals
- ✓ Eat slowly
- ✓ Eat “real foods” not processed foods
- ✓ Make sure to check your portions
- ✓ Simplify your meals
- ✓ Limit going out to eat

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Sleep



1 To get a better night's sleep; take an hour before you go to bed to wind down from the day by relying on:

- Relaxation
- Mediation
- Hot Bath

2 Sleeping ultimately makes you feel rejuvenated and ready for what ever is next.

3 Adults should get 7-8 hours of sleep a night and try to stick to a consistent sleep schedule.

4 Sleep is involved in healing and repair of your heart and blood vessels.

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Meditation



ENERGY/ FOCUS

Reducing stress can help you have more energy and better focus

BRAIN ACTIVITY

When you meditate or pray, the activity of your brain moves from the frontal cortex (where stress lives) to the calm left frontal cortex.

HEALTHY HEART

This relaxes and slows your breathing. When you breathe 6 breaths a minute, your breath becomes aligned with rhythms in your heart.

RELAXATION/ TRANQUILITY

Meditation produces a deep state of relaxation and tranquil mind.

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Meditation



ELEMENTS

- Focused attention
- Relaxed breathing
- A quiet setting
- A comfortable position

TYPES

- Prayer
- Guided meditation
- Tai Chi
- Mindfulness meditation
- Yoga

MENTAL BENEFITS

- Greater creativity
- Decreased anxiety and depression
- Improved learning and memory
- Increased happiness
- Emotional stability

STRESS BENEFITS

- Gaining a new perspective
- Building skills to help stress
- Reducing negative emotions

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Exercise



MENTAL/ PHYSICAL

Scientifically proven to make us smarter, happier and more successful as well as strengthen our immune system

FITNESS

Exercise helps us to build muscles, get stronger, and lose weight.

HAPPINESS

Eases depression, relieve stress and anxiety, enhance self-esteem.

LONGEVITY

Exercise lowers your risk for serious health problems, including heart disease, diabetes, stroke, and high blood pressure.

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Laughter



CORTISOL & ADRENALIN

Rejuvenates the body by lowering cortisol levels, adrenaline and producing natural pain blockers.

IMMUNITY & BLOOD

Gets the blood flowing, decreases blood pressure and stress hormones, improve sleep patterns and boost the immune system.

TENSION

Relaxes the effect on the nervous system, controlling things like heart rhythm, blood pressure, breathing, and mental tension.

LONGEVITY

Shifts perspective creating a psychological distance, which can help avoid feelings of overwhelm.

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Laughter



PHYSICAL

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

MENTAL

Adds joy and zest to your life
Relieves stress
Improves mood
Eases anxiety and fear
Enhances resilience

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Day 1

- ✓ Eating right is key

  -3 main meals with1-2 healthy snacks

- ✓ Focus on being you and stay positive

- ✓ Meditate before you go to bed

- ✓ Exercise

  -Walk or do yoga

- ✓ Give yourself permission to do what you are passionate about.

- ✓ Set new health goals for yourself

- ✓ Making small steps is okay, you don't want to make too big of steps and not stick to them.

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Day 2

✓ Eat fruits and vegetables

-Measure out things that you eat. This will help you not go over the right proportion.

✓ Exercise

-Get your heart rate up by going on a walk or jog

✓ Trust your inner voice to guide you.

✓ Before you go to bed try journaling to calm your mind down from the day.

✓ Allow time daily for joy and laughter

✓ Take up a new hobby. Make it something that you would enjoy doing.

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Day 3

✓ Laugh to boost your mood.

✓ Make sure when you exercise you:

-Warm-up

- Conditioning/Work-out

- Cool Down

✓ Make sure to have portion control when you eat

✓ Before you go to bed try a relaxation exercise to calm yourself down from the day.

✓ Be grateful daily. Gratitude replaces almost any negative feelings you have.

✓ Eat to live- don't live to eat.

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Resources

- http://www.helpguide.org/life/humor_laughter_health.htm
- http://www.thehealthcoachgroup.com/self-care-handbook/
- http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why.html
- http://www.mayoclinic.org/healthy-living/fitness/in-depth/exercise/art-20048389
- http://www.hsph.harvard.edu/nutritionsource/staying-active-full-story/
- http://www.seniorlifestyle.com/surprising-benefits-meditation-prayer/
- http://www.huffingtonpost.com/dr-cynthia-thaik/laughing-health_b_4519611.html
- http://www.helpguide.org/topics/exercise.htm
- http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477
- http://www.choosemyplate.gov/
- http://www.health.com/health/

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ART *of* AGING

This booklet is my gift to you.

I hope you will use it and really make it a practice in your daily life.

I would be thrilled to hear from you Let me know how it is going and what changes you have made.

You can email me at
support@thehealthcoachgroup.com
My names is Cathy Sykora, our health coaching group is dedicated to making a difference in the lives of others and I know if you implement any of the steps in this book, it was worth it.

For more information on what we have to offer, visit my website at
https://www.communityforhealthyliving.com

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