

Become A Health Coach Certification

Pillar 1: Nutrition, Health & Wellness Week 6

How to be your healthiest no matter **where**
you are.

One thing is true about our lives nowadays – we are
MOBILE.

We travel, we work at home, in the office, at Starbucks, in
the car, we're constantly on the move.

As much as the ideal might be to have home – cooked meals that you grew in your own organic garden, that's just not always the practical reality of our lives.

But that doesn't mean you have to sacrifice your health.

So how do you get to be healthy no matter where you are or what you're doing? And how do your clients get to do the same?

Here are 5 steps you can take to make healthy your default experience, no matter where you are...

Step #1: Healthy is a Decision

- There's a difference between interest and commitment.
- When you're interested in doing something, you do it only when circumstance permit.
- When you're committed to something, you take **BOLD ACTION**. You accept no excuses, only results.
- The first step is deciding that “Healthy” is as much a part of your life as breathing – that means that you'll be able to do it anywhere, any time.

Step #2: Clear Kitchen Clutter

- The theory behind this exercise is that you have to clear out the old furniture before you can bring in the new.
- Makes sense, right? If you're re-decorating your living room, you have to get rid of the old couch before you bring in the new one.
- We'll focus on 3 crucial areas of your kitchen to determine:
 - “Is there any clutter in this area that needs clearing so I can set the stage for moving forward?”
 - Which of these need clearing so that I can create the conditions for ‘Healthy’ before I even leave home?

Step #2: Set Yourself Up For Success

- Studies show that excess physical clutter, also clutters the mind.
- Your external world is a reflection of your internal world.
- We can reverse engineer that by cleaning our external world and notice how that makes room to shift internally.
- You can share with your clients that this internal shift is very important, because we want to start creating the space for health in our lives NOW.

Clear Clutter Exercise

- Kitchen Area #1: Fridge & Freezer & Pantry
 - Check expiration dates and toss expired products
 - Clean out any trans fats and GMOs
 - Wipe down/wash shelves
- Kitchen Area #2: Utensil Drawers
 - Keep 1-2 of the prettiest, most useful items and donate the rest
- Kitchen Area #3: Cabinets
 - Find at least 3 unused kitchen gadgets or items and take them to Goodwill

Step #3: Healthy Foods On The Go

- Healthy foods are available everywhere, even in places you'd least expect like convenience stores, airports and hotels.
- Let's take a look...
 - “Top 10 Convenience Store Snacks”

Desperate times call for desperate measures!
We've all been there – starving & nothing around for miles
except a gas station with a Quicky Mart.

Here are some options when you're in a pinch.

Water: Most people think they are hungry when they are actually thirsty. If you know there are better options ahead, chug a bottle of water to hold off those hunger pains.

Nuts: A small serving of nuts will give you a serving of good-quality protein and fat. Look for dry roasted varieties.

Fruits: Most convenience stores sell single pieces of fruit, like oranges, apples and bananas. Combine with a small bag of nuts you're on your way to a Magic Snack!

Potato Chips: Yes, I did say chips, but you must read the ingredients and make sure they have no hydrogenated oils, MSG or artificial ingredients. Ideally, chips are organic and non-GMO, but if you can't find those then stick to the brands with the ingredient list of potatoes, oil and salt. Avoid corn chips as they are likely to contain GMOs.

Yogurt: Look for full-fat organic if possible. If not, just make sure the one you choose does not contain any artificial sweeteners.

Dark Chocolate: Look for brands that list cacao as the first ingredient (instead of sugar).

Hard Boiled Eggs: Packed with protein, these little guys will keep your blood sugar stable and your tummy satisfied. Check labels to make sure the only ingredient is egg.

Peanut Butter Sandwich: When all else fails, this grade school lunch staple will keep your blood sugar – and energy – rollin’.

Energy Bars: Avoid brands with soy protein isolate and look for brands that contain over 10 grams of whey protein, hemp protein or pea protein.

Healthy Caffeine: Look for unsweetened iced tea from the fountain. Add lots of ice and a lemon. Avoid bottled, sweetened iced teas as they contain extra sugar and chemicals.

Just like there are times when you'll be stuck for healthy food, there will also be times when you can pre-pack healthy food, so you always have it with you – in meetings, in the car, in the airport and even in hotel rooms.

Top 15 Car/Airport/Hotel Room Snacks

- Raw, soaked and dry roasted nuts
 - Almonds, macadamias, cashews, mixed nuts
- Bars
 - Epic Bars (for Paleo peeps)
 - Vega Bars
 - Macro Bars
- Seaweed Snacks

Top 15 Car/Airport/Hotel Room Snacks

- Mary's Gone Crackers
- Whey or pea protein shakes + shaker & ball & water or NutriBullet blender
- Beanitos
- Krave jerky
- Dark Chocolate
- Whole Fruit (berries, apples, etc.)
- Veggie & Hummus snack packs

Top 15 Car/Airport/Hotel Room Snacks

- Justin's almond butter single packets
- Hard boiled egg
- Avocado chunks
- Air popped non-GMO popcorn
- Raw coconut water

There are also lots of times when you'll be out to eat – there are so many restaurants with healthy choices that eating healthy on the go will be a snap for you.

Recap!

- You've discovered 3 out of 5 steps you can take to make healthy your default experience, no matter where you are.
- STEP #1: You discovered that Healthy is a Decision, and that it can become as natural as breathing.
- STEP #2: You set yourself up for success before you left home by clearing the clutter from 3 areas in your kitchen.
- STEP #3: You discovered how to access healthy foods on the go, at convenience stores, while traveling and at restaurants.

Let's move on to Step #4...

Step #4: Fresh Air & Sunshine is FOOD

- 3 Underrated but Potent Vitamins!
 - Vitamin N = Nature
 - Vitamin FA = Fresh Air
 - Vitamin S = Sunshine
- Instead of enjoying the outdoors, did you know that the average American spends most of their time stuck in stale offices and living rooms?
- Even kids today spend 7 hours more on academics and 2 hours less on sports and outdoor activities per week than they did 20 years ago.

Step #4: Fresh Air & Sunshine is FOOD

- Annual family vacations have decreased by 28% and national park attendance has fallen steadily.
- All this indoor living isn't doing much for our health.
- According to Prevention Magazine, children who get more “vitamins N,FA and S” have lower stress levels, more successful in school, and fewer ADHD symptoms
- Adults also exercise and socialize more in nature – activities are proven to be good for us
- And simply being in sunlight triggers skin to make Vitamin D

Vitamin D, also known as the ‘sunshine vitamin’, is a steroid hormone precursor. According to Natural News, vitamin D is “perhaps the single most underrated nutrient in the world of nutrition.”

Research has linked low vitamin D levels with depression, obesity, diabetes, cardiovascular disease, autoimmune disease, osteoporosis and cancer.

To make sure you have enough Vitamin D, be sure to get at least 15-20 minutes outside **WITHOUT** sunscreen.

Sunscreen – from the strongest to the weakest – prohibits the body from making vitamin D by 95 percent.

In light of this, there is a theory that more individuals are depressed these days because **EVERYONE** uses sunscreen and they are not taking vitamin D supplements.

Your body needs the sunlight **WITHOUT** sunscreens to produce vitamin D. Even SPF 8 creams can prevent the production of the vitamin.

So it's important to get outside and get lots of nature, fresh air and sunshine – these are potent forms of food for our bodies!

Here are 5 ways to get yourself more Vitamin N, FA and S...

1. Make outdoor play mandatory – splash in puddles, throw snowballs, pack a picnic or catch fireflies.
2. To avoid the typical 3pm slump, take a 10-15 minute walk outside and drink in fresh air instead of coffee.

3. Try Gardening

- Getting your hands in the dirt is actually good for you – there's a strain of bacterium in soil, *Mycobacterium vaccae*, that has been found to trigger the release of serotonin, which in turn elevates mood and decreases anxiety.

4. Move Your Kitchen Outside

- Fire up the grill and make fun creations such as fruit kebabs, or if you have kids, let them personalize meats by brushing on sauces before cooking. Making your dinner area more inviting on cool evenings with a fire pit or patio heater.

5. Sleep Under The Stars

- Even if camping without a bathroom isn't for you, you can pitch a tent or put up a hammock in your backyard.

If you have a client who suffers from Seasonal Affective Disorder (SAD), meaning he or she gets down, depressed, lethargic or irritable in the fall and winter here are 10 tips to beat the winter blues...

1. Vitamin D3

- It's both a vitamin and a hormone – because of its effect on hormones in the body, it's thought to affect mood by improving your sense of well-being.
- For SAD, 1,000-5,000 IU can be effective.
- Check with your doctor first – Vitamin D levels can be checked by a simple blood test.

2. Philips Golite Sunlamps

- SAD is a cyclic form of depression caused by changes in the circadian rhythm. The circadian rhythm is a 24-hour cycle that regulates biochemical processes in the body. When the levels of light change in the fall and winter, in some people, this cycle can be disrupted.
- Levels of melatonin and serotonin drop in the winter, and can cause lethargy and weight gain.
- Light therapy treats the cause of SAD – lack of light – without any side effects.

2. Philips Golite Sunlamps

- Easy to use/travel with – portable and rechargeable.
- Available on Amazon.com for about \$120.
- Place at midriff 20 to 30 inches from face.
- Use at least 15 minutes per day.

3. Don't Fight It

- Rest, hibernate (go to bed early, movie binges, say no to too many activities/making other people happy instead of yourself, take days off)

4. Warm Foods

- Soups, Crock pots

5. Go Outside To Get Sun and Fresh Air

- Ice Skating
- Walks
- Skiing
- Sledding
- Throwing Snow Balls

6. See Comedy Shows

- Humor and laughter strengthen your immune system, boost your energy, diminish pain, protect you from the damaging effects of stress.
- Triggers the release of endorphins.
- Laughing with others is even more powerful than laughing alone.
- It's a great date night.

7. Lots of Sex

8. Movement Every Day

- Movement every day that gets you sweaty
- Trainer, Dance, Fun Movement

9. Great Looking Winter Clothes

- Buy winter clothes that you love so you don't feel dumpy.
- Wear Vibrant colors and fitted clothes.

10. Take a Sunny Vacation

Let's move on to Step #5 of making Healthy accessible everywhere...

Step #5: Bless Your Food

- **BONUS TRAVEL TIP:** when you can't get good WHAT, then focus on HOW you're eating.
- And make sure that HOW you're eating is with gratitude ;-)
- Since ancient times, people of practically every culture engaged in a form of food blessing, prayer or ceremony. Nowadays in many cases, such blessings are relegated to once a year on Thanksgiving or only at special family gatherings. Or if grace is a regular practice, many times it becomes nothing more rote.

Step #5: Bless Your Food

- Perhaps it's time to get reacquainted with this practice.
- Expressing gratitude for your meals is not only a wonderful gesture; it actually enhances the vibrations of what you eat.
- Since you are what you eat, it follows that you want to eat things that have good vibrations.
- Even if you can't access high-quality foods, blessing the food you have can add a vibrational boost.

Step #5: Bless Your Food

- Dr. Masaru Emoto illustrated this point through the use of his water experiments.
- By taking water samples exposed to various words and intentions (love, hate, etc.) and freezing them, the ice crystals displayed very telling patterns.
- Those samples exposed to uplifting thoughts and conditions exhibited beautiful patterns and structures, while those exposed to negative vibrations were ugly and misshapen.

Step #5: Bless Your Food

- If such an effect occurs with the molecular structure of water, it can most certainly affect the composition of your food.
- When you get down to it, everything is subject to our vibrations. So be sure to give your food good vibes by always blessing it. It's good for your body and your soul, no matter what you're eating!

Recap!

- You've discovered steps you can take to make healthy your default experience, no matter where you are.
- STEP#1: You discovered that Healthy is a Decision, and that it can become as natural as breathing.
- STEP #2: You set yourself up for success before you left home by clearing the clutter from 3 areas in your kitchen.
- STEP #3: You discovered how to access healthy foods on the go, at convenience stores, while traveling and at restaurants.

Recap!

- STEP #4: Get plenty of nature, fresh air and sunshine, plus the power of Vitamin D, ways to get outside more often, and tips to beat the winter blues.
- STEP #5: When all else fails, bless your food.

You did an AMAZING job!!!

In the next video, we'll review all the materials you received in this Week 6 training.

Right now, leave us a comment below and let us know –
Which tip from this video are you going to try?