

# 5 Simple Steps to Kickstart Your *Healthiest* Life

At Health Coach Institute, we believe in empowering yourself to take control of your health so you can feel your most alive. Proper nutrition is one important part of being healthy. But the truth is, mastering healthy habits is the key to creating positive changes in your life that stick. As we like to say at HCI: **change a habit, change a life.**

Developing healthy habits can feel overwhelming, but even small changes have the power to make a BIG difference. In honor of **World Health Day** (April 7), here are our five favorite, simple steps you can take today to start living your healthiest life.



## MEDITATE

Meditation can have a huge impact on your physical and mental health. It can reduce stress, improve concentration, benefit cardiovascular and immune health, and some even believe it can slow aging! Effective meditation takes practice. It's best to start with small increments of time each day. We recommend the Simple Habit app, which helps you meditate for just five minutes each day.



## HIGH-INTENSITY INTERVAL TRAINING

High-Intensity Interval Training (HIIT) is a workout that alternates between bursts of intense activity and periods of low intensity activity or rest. HIIT stokes your metabolism and helps you burn more fat. Add 3-5 intense cardio bursts to your workouts for an immediate health boost.



## INTERMITTENT FASTING

We've always been taught that eating three square meals a day is best for your health and nutrition. But intermittent fasting is an alternative eating schedule in which you eat for only six hours during the day (for example, from 10 am-4 pm or 2 pm-8 pm). Intermittent fasting lowers inflammation, gives the digestive system a break, helps you lose excess weight, increases energy, and offers a wealth of other health benefits. Before you get started, we recommend reading *The Complete Guide to Fasting* by Jason Fung, MD.



## VITAMINS S & F

These vitamins can't be found in a pill form! We're talking about sunshine and fresh air. Spending time outside will help you increase your Vitamin D intake and energy, and reduce stress. Aim for 20 minutes of sunshine and fresh air every single day.



## LEMON & H<sub>2</sub>O

Raise your hand if the first thing you reach for in the morning is caffeine! Many of us need a little boost before we can really get going, but before you take a sip of coffee, consider reaching for warm water with lemon. Drinking warm lemon water each morning cleanses the liver, increases metabolism, and helps you start the day well hydrated.

*And there you have it. Five easy habits you can begin today to kickstart your healthiest life!*