

How to get Healthy in 2021?

Are you determined?



How to make it happen?

- Do it slow and steady
- Believe in yourself
- Take action
- Exercise your patience muscles
- Enjoy the process
- Track your progress
- Know your **WHY**





Do it slow and steady

- Start with small changes
- Is more effective than: "I want it **ALL** & want it **NOW**"



Believe in yourself

- Who cares if you've failed a time or two
- Don't let fear stop you
- Talk with yourself
- Think about your past success

A

ACTION

C

CHANGES

T

THINGS



Take Action!



Start today!



Mark it on your calendar &
make it a priority

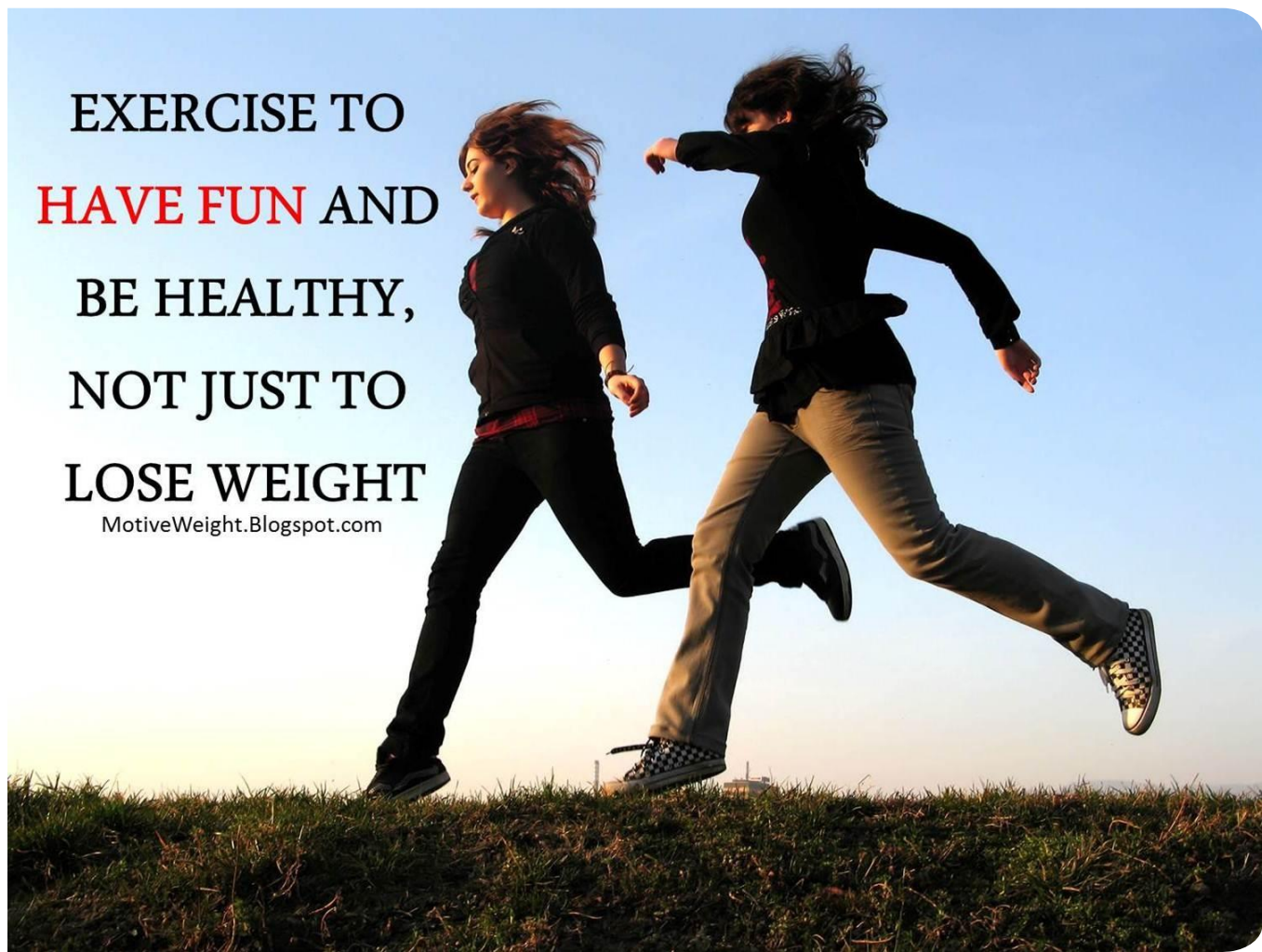
**Exercise
your
patience
muscles**



DON'T BE IN A HURRY



CHANGE & SUCCESS DON'T
HAPPEN OVERNIGHT



EXERCISE TO
HAVE FUN AND
BE HEALTHY,
NOT JUST TO
LOSE WEIGHT

MotiveWeight.Blogspot.com

**Enjoy the
process**

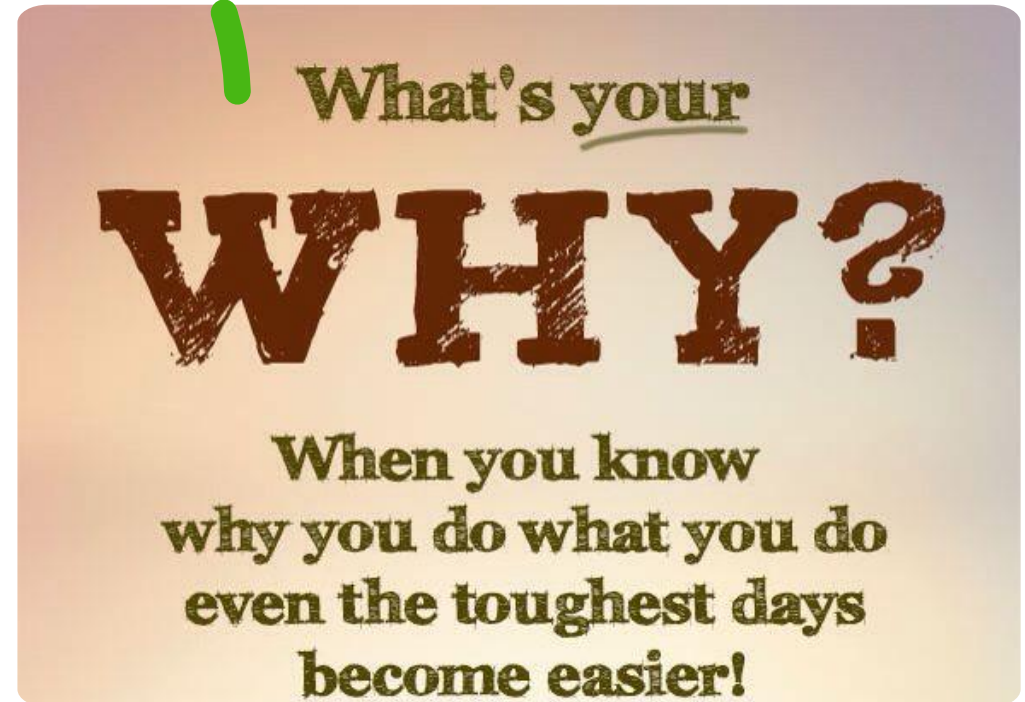


Know your WHY

- This can remind you about the importance of your RESOLUTIONS

Like:

- Improve your heart health
- Lower your cholesterol
- Improve your mood
- Feel happier





**What are
your
Resolutions?**

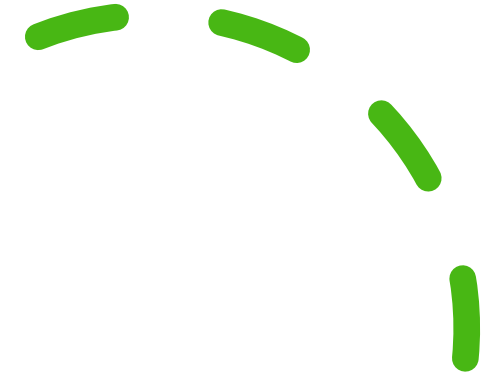
Feeling incomplete?
Around 60% of your body consists of water

Sluggish?
Water can boost your energy levels

Unable to concentrate?
Mild dehydration reduces concentration

DRINK MORE WATER

The infographic features a central white silhouette of a human figure. The lower half of the figure is filled with a light blue color and contains numerous small white circles, resembling bubbles or water molecules. The entire graphic is set against a dark blue background with several larger, light blue bubbles scattered around the figure. At the bottom, the text 'DRINK MORE WATER' is written in a bold, white, sans-serif font.



Drink Water



- 1 Weight loss**
Water has no fat, no calories, no carbs, no sugar.
- 2 Heart healthy**
Lowers your risks of a heart attack by 41%
- 3 Energy**
Being dehydrated can sap your energy and make you feel tired
- 4 Headache cure**
headaches are simply a matter of not drinking enough water
- 5 Healthy skin**
clear up your skin and gives a healthy glow
- 6 Better exercise**
Being dehydrated can severely hamper your athletic activities
- 7 Digestive problems**
water can help cure stomach acid problems
- 8 Cancer risk**
reduce risk of colon cancer by 45% & bladder cancer by 50%

Drink more H₂O

Are you drinking enough Water?





Make Spa Water

- Water does not have to be boring
- Spa water have additional detox benefits
- Get creative
- <https://www.verywellfit.com/detox-water-89123>

**How to
meal prep?**





Easy Steps to Meal Prep

1. Make a meal plan (think about options you enjoy eating)
2. Write down options for (**breakfast, lunch & dinner**)
3. Make a shopping list and get your groceries
4. Start prepping!

You don't need to prep **FULL MEALS.**




MEAL PREP STRATEGIES

- *Start with small steps:*

1. Cook a badge of rice
2. Chop some veggies
3. Make simple jar salads
4. Grill chicken breasts

<https://sweetpeasandsaffron.com/how-to-meal-prep/>





Eat
more
PLANTS

YELLOW
BUTTON
STUDIO





How to add more veggies?

- Add greens wherever you can
- Sneak plants into smoothies
- Upgrade your oatmeal
- Build a brighter sandwich
- Swap pasta for veggie noodles
- Transform your pizza

<https://detoxinista.com/meal-plans/>



Why is Self-Care Important?

- To maintain a healthy relationship with yourself
- Boost confidence & self-esteem
- Helps reduce anxiety & depression





How to practice Self Care?

- Eat a healthy meal & practice it often (**physical**)
- Think about your positive qualities (**psychological**)
- Let yourself cry and laugh (**emotional**)
- Spend time with family & friends (**personal**)
- Spend time in nature (**spiritual**)
- Never stop learning (**Professional**)



More Self- Care habits

- Exercise outdoors
- Meditate or do deep breathing
- Take a break when you need it
- Choose who you spend time with
- Avoid emotional eating
- Start a journal
- Learn to say **NO**

<https://laurensjourney.com/2020/05/01/31-day-self-care-challenge-free-printable-checklist-may-2020/>





Body Positivity

EveryBody



Ways to practice Body Positivity

- Positive affirmations
- Think healthier, not skinnier
- Compliment others freely
- Surround yourself with positivity
- Focus on the things you like about yourself
- Stop comparing yourself to others
- Cut out negative self-talk

<https://wellbeingtrust.org/news/10-ways-to-practice-body-positivity/>



Spend more time outdoors!

- More vitamin D
- Better sleep
- Reduces inflammation
- Protects your vision
- Lowers blood pressure
- Reduces risk of heart attack or stroke
- Boost immunity
- Reduces risk of cancer

ACTIVE BENEFITS

NECK
Reduces tension. Improved sleeping patterns.

LUNGS
Improves lung capacity, reduces severity of asthma.

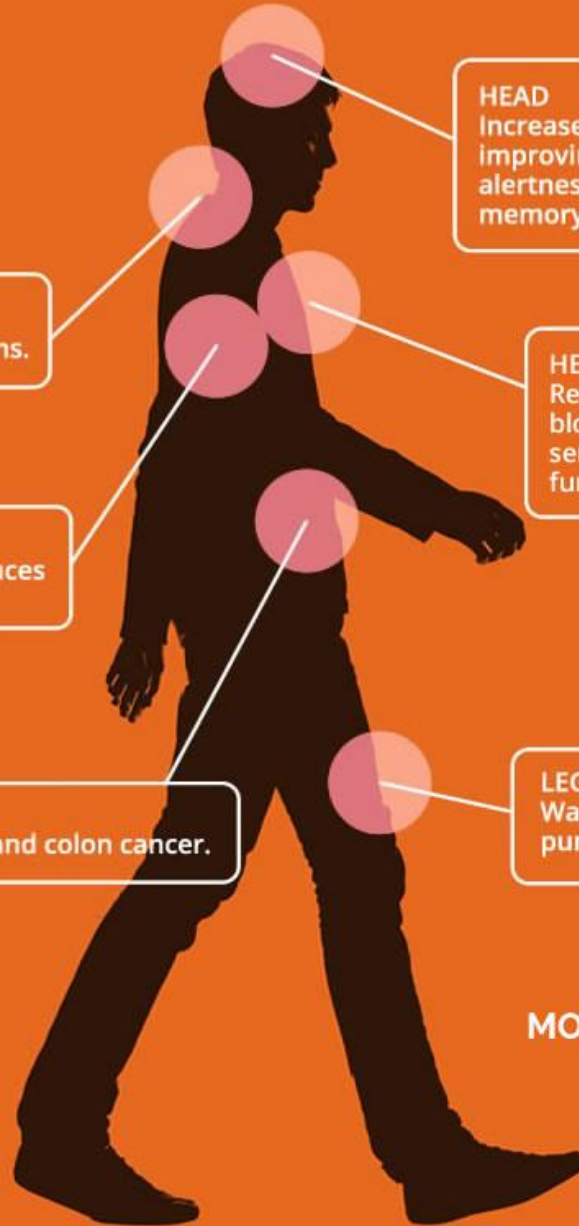
STOMACH
Reduces obesity and colon cancer.

HEAD
Increase flow of blood to the brain, improving productivity and mental alertness. Reduces risk of dementia and memory loss. Improves mental health.

HEART
Reduces LDL cholesterol, blood pressure, improves insulin sensitivity; improves heart muscle function and blood flow.

LEGS
Walking gets blood flowing and helps to pump out fluid. Increases muscular activity.

**MOVING MORE AND SITTING LESS
GIVES YOU MORE VITALITY
THROUGHOUT YOUR DAY**



Make working out fun!

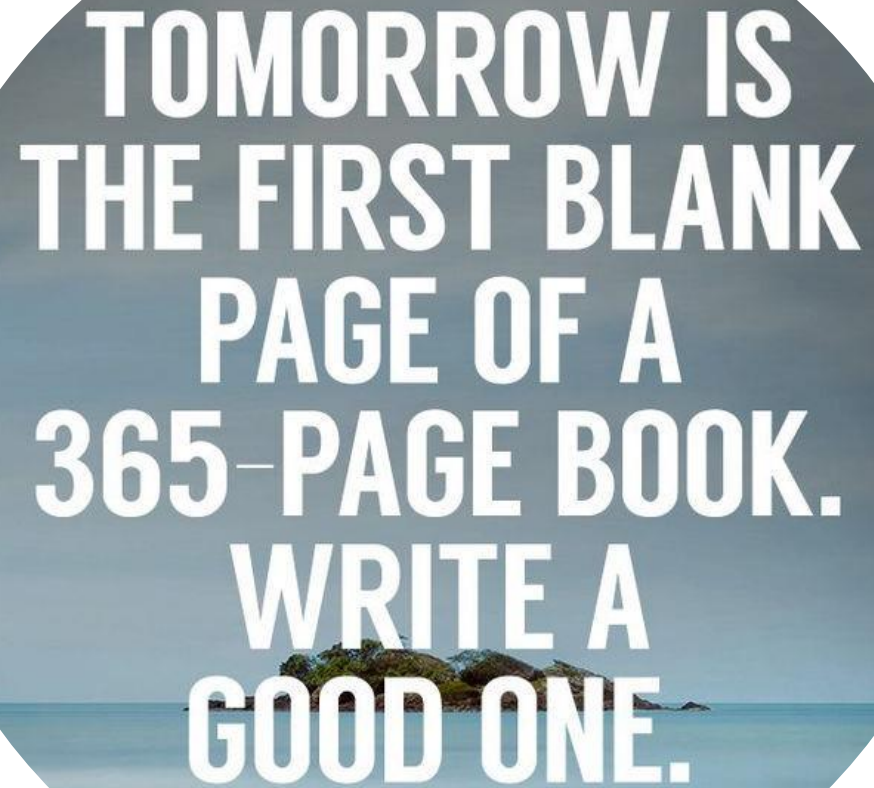


- join a fitness challenge
- Invite a friend to join you (virtual is an option)
- Walk at a local park with a friend or family member
- Practice something you enjoy
- Use a fun app to track your progress
- Follow a YouTube Exercise routine
- Find your favorite workout playlist!

Short Stretching routine

<https://www.youtube.com/watch?v=s-7lyvbIFNI>





**TOMORROW IS
THE FIRST BLANK
PAGE OF A
365-PAGE BOOK.
WRITE A
GOOD ONE.**

**NEW YEAR
WISHES I SEND
TO YOU!**

