

HEALTHY NOW AND FOREVER

12 WEEKS
TO TRANSFORM YOUR HEALTH AND LIFE!



UNDERSTANDING LIFESTYLE BEHAVIOR CHANGES:

- Our bodies can prevent, treat, and reverse health challenges by capitalizing the six core areas of lifestyle medicine; sleeping soundly, eating well, moving more, stressing less, cultivating relationships, and avoiding risky substances.
- Through effective behavior change, you can maximize your lifestyle behaviors to improve and make progress in your health.

LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Assess your current health, set health goals, and understand why you want to improve.
- Aim for sleeping 7-9 hours per night of both good quality and quantity.
- Eat well by focusing on filling your plate with a variety of unprocessed colorful fruits, vegetables, whole grains, and legumes.
- Move more and incorporate enjoyable physical activity and exercise into daily lifestyle.
- Identify your stressors, manage your stress response and respond appropriately. Important and controllable: act. Important and uncontrollable: accept and positively cope.
- Strengthen your social health by identifying and strengthening key relationships.
- Avoid tobacco, drugs, and alcohol by finding alternative ways to cope and/or enjoy your life.
- Think positively by practicing gratitude, spending time with positive people, and setting mini goals each day.
- Prevent, treat, or reverse chronic diseases by addressing the root causes and allow your body to heal naturally.
- Consume immune-boosting foods including plenty of fruits and vegetables, and supplement only if needed.

LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complementary school: <https://liveandlead.teachable.com/>
- Transform your health through our 12-week Healthy Now and Forever course: <https://liveandlead.teachable.com/p/healthynowandforever>
- Health Now & Forever Group Coaching Program: <https://liveandlead.teachable.com/p/live-lead-coaching>

MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

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