



Coach Jessie
CHHC, AADP
You only have one body...Don't destroy it!



10 TIPS TO A HEALTHY LIFE

#1 HYDRATE - PURE MOUNTAIN SPRING WATER IS BEST



The adult body is comprised of approximately sixty-five percent water. Therefore it's important to hydrate regularly. The reason for consuming pure spring water is because tap water contains chemicals, radiation, toxins, pesticides, herbicides and other pollutants. And, municipal water has other unhealthy elements in it, too, including chlorine and fluoride. These are chemicals extremely harmful to the body. Although tap water is not considered suitable for consumption in its "natural" state, you may choose to consume after filtering. For optimal hydration and cleansing, add juice from half a lemon and drink first thing in the morning.

#2 FIBER – THE "BETTER BLOOD SUGAR" SOURCE



Fiber can help control blood sugar levels, when consumed at higher levels in the diet. It may also have protective effects on some cancers. Great sources of fiber come from beans, oats, barley, fruits, vegetables, nuts and some seeds (such as flaxseeds).



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#3 BREATHE – INHALE AND EXHALE



It's that easy! However, we tend to do it incorrectly. Take a "deep" breath, expanding the diaphragm when inhaling, then exhale, slowly. Breathe in through the nose, hold for seven seconds and breathe out through the mouth. Do this daily.

#4 EXERCISE – GET YOUR BODY MOVING!



Working a routine on a daily basis may be much more difficult than simply "moving." Change up your way of exercise for it not to seem so monotonous. Jump rope, dancing, and rebounding are excellent forms of burning calories and toning muscle. Exercising simply raises your metabolism giving you more energy and allowing you to lose more weight. Movement will lower your risk of heart attack.

#5 PROTEIN – LEAN AND CLEAN



Protein is essential in building muscle, hair, skin, nails and for maintaining a healthy body. It gives you much-needed energy which prevents you from getting fatigued easily. This is why it is best to consume the best sources of protein for breakfast – you are less likely to have mid-morning cravings. These healthy proteins include eggs (pasture-raised), milk (A-2 beta casein), chicken (organic), fish (wild caught), nuts and beans. Also, grass-fed beef is an excellent source of protein containing CLA or conjugated linoleic acid – reduces fat, beneficial for immune system and is higher in omega-3 fatty acids.



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#6 HOUSEPLANTS – BREATHE EASY



Besides the benefits of adding décor to your surroundings, research has shown that houseplants provide physical and psychological benefits. Studies demonstrate those to exhibit less stress and lower blood pressure. Plants add oxygen to a room's air by the process of photosynthesis, thereby improving indoor air quality. They also add humidity to the air by the process of transpiration. Both of these factors make the air healthier for us to breathe.

Indoor houseplants remove toxins from the air and also help to rid rooms of other pollutants generated by furnaces, stoves and smoke.

#7 FRUITS & VEGGIES – MOTHERS DO KNOW BEST!



Mom was right when she said, "Eat your veggies!" Fruits and vegetables are high in vitamins, minerals, fiber, and antioxidants. These are all elements to maintain a healthy and immune-boosting diet. It's also very important to eat as many organic fruits and vegetables as possible, to avoid pesticides and toxins that are so prevalent in commercial fruits and vegetables. To help

you determine which fruits and vegetables have the most pesticide residues and are the most important to buy organic, see the [Shopper's Guide to Pesticides in Produce™](#) on the Environmental Working Group's website.



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#8 SLEEP – GET IT WHILE YOU CAN



The body was built to work, but also to rest. Sleep is detrimental to a person's overall well-being. The less sleep you get, the more you are susceptible to chronic colds and other immune-busting ailments. Set a time to wrap up work and entertainment at home, and turn in for some much-needed shut-eye.

#9 AVOID STRESS – TAKE A BREAK



The dangers of stress-related activities can, sometimes, be fatal. If you are working long hours, participating in strenuous activities, are always on the go, then you are at greater risk for hypertension, chronic fatigue, headaches, diabetes, and the list goes on. Some ways to manage stress are: drink a cup of herbal tea, take a bath with 2-3 drops of lavender essential oil added, go for a walk, read a book, listen to calming music, or get a massage. To help avoid stress altogether, eat a healthy diet of fruits and vegetables, avoid fried foods, caffeine, alcohol, smoking, and drink lots of water.

#10 PRAY – TOO BLESSED TO BE STRESSED!



Studies have shown those with a strong belief in their faith are less likely to be stressed. Significant health changes occur when you are in tune with a higher power. Prayer to God or meditation can also reduce the effects of depression. You can experience both physical and spiritual healing through prayer. Hence, leading to "Pure And Wholly Living!"



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I practice a holistic approach to health and wellness, which means that I look at how *all* areas of your life are connected.

My approach is not to dwell on calories, carbs, fats, and proteins. It is not to create lists of restrictions or good and bad foods. Instead, I work with my clients to create a happy, healthy life in a way that is flexible, fun and rewarding.

My expertise is helping those with challenges of excess weight, type 2 diabetes, hypertension, sugar cravings, acne, digestive issues and making healthy eating choices.

Together we'll work to reach your health goals in areas such as achieving optimal weight, reducing food cravings, increasing sleep, maximizing energy and meal planning for everyone in your household. As we work together, you'll develop a deeper understanding of the food and lifestyle choices that work best for you and implement lasting changes that will improve your energy, balance and health.

Are you ready to start feeling better than ever? Schedule a FREE [initial consultation](#) with me today!

Here's to **Pure And Wholly Living!**

Health and blessings,