

TogetheriCan

5
December

THE HABITS OF HEALTH



Know and Understand:

The Cycle of Success: Learn – do – review – correct – repeat

“ Success is the progressive realization of a worthy goal or ideal. ”

— Earl Nightingale

Make an *Honest Evaluation* of your current situation.

How far are you away from where you want to be, your desire?

Come to an understanding that daily caloric consumption must be matched with energy use, effort and activity.

The overall desire should be to maintain a balance of energy in and energy out (calories consumed vs. calories utilized).

Energy In

Get a true idea of what your daily food choices are now, and compare them to your daily activity now. Are you consuming more calories than you're expending?

Typically, your diet today it will be: high glycemic foods (high-fructose corn syrup), high in fat, high in salt, high in chemicals, and high in calories.

List everything, in your diet, that comes from processed foods.

Energy Out

Make an honest evaluation of the activity (exercise) in your life.

Come to an understanding that maintaining insulin levels above the baseline, will put you into a constant fat-storage mode. Balancing insulin and keeping blood sugar levels low and even, will put you into a fat burning zone. *Low glycemic foods combined with adequate protein will provide you with all of the energy you need.*

The Cycle of Success: *Learn – Do – Review – Correct – Repeat.*

Habits to develop

Good choices, lead to good habits, which will then lead to optimal health. (read also Slight Edge)

1. Eating a substantial breakfast every morning.
2. Use the stairs whenever they are available.
3. Parking as far away from the store as you can and walking.
4. Taking a short power nap (five minutes) when tired.
5. Exercising 5 to 7 days weekly.
6. Choosing a salad with chicken instead of a hamburger.
7. Getting 7 to 8 hours of sleep every night.
8. Eating fish at least 2 to 3 times per week.
9. Eating more fruits and vegetables.
10. Keeping a journal.
11. Dividing your body weight in half and drinking that many ounces of water per day.
12. Choosing healthy minded friends.
13. Eating lots of protein both vegetable and animal.
14. Wearing a pedometer daily and tracking your steps.
15. Monitoring your weight weekly.
16. Planning ahead for your body's daily fueling.
17. Eating a small balanced (100 calorie) low-fat meals every 2 to 3 hours. (5 or 6 per day)

Habits to avoid

Poor choices, lead to poor habits, which in turn lead to Dis-ease.

1. Having three meals per day. (snacks in-between)
2. Having only coffee or orange juice for breakfast.
3. Watching TV after 10 PM nightly.
4. Taking naps in the afternoon.
5. Eating pasta, rice and bread.
6. Enjoying eating out at least 4 to 5 times per week. (midday or evening)
7. Getting 4 to 6 hours sleep per night.
8. Finishing your meal with dessert.
9. Drinking caffeinated drinks.
10. Drinking more diet soda than water.
11. Having a midday candy bar to get you through till dinner.
12. Wearing clothes with elastic waist bands.
13. Choosing potato chips for a snack.
14. Having summer sausage (or other high fatty foods) as a snack.

Join us every Tuesday night to discuss these topics!

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