

5 Foundations to Live your Healthiest Life



Healthy Eating

This one deserves a whole deep dive (watch your email for more!), but start by making sure you have protein, healthy fat, and 1-3 vegetables on your plate for each meal. Focus on eating as many real foods as possible. If it doesn't rot over time, your body probably doesn't know what to do with it.



Daily Movement

Move your body for at least 30 minutes a day. This doesn't need to be an intense workout - go for a walk, do some yoga, or find a class that you love! If you can't find 30 consecutive minutes, break it up. Try a 10 minute walk after every meal to support healthy digestion and blood sugar balance!



Hydration

Proper hydration reduces inflammation, helps control weight, boosts your mood, and improves mental clarity. Even mild dehydration prevents your kidneys from effectively purifying the blood and detoxifying the body. Make it a goal to drink half of your body weight in ounces of water daily.



Restful Sleep

Most adults need 7-10 hours of sleep a night to support tissue healing, immune system function, and detoxification. Support restful sleep by sleeping in a cool, dark room, avoiding screens an hour before bed, limiting caffeine intake to the morning, and using calming essential oils, such as Lavender or Serenity.



Joy

Allowing ourselves to do the things we love doing helps to manage stress and creates a positive impact on our emotional and physical well-being. Create a list of things you thoroughly enjoy - whether it's going for a walk, reading a good book, taking an Epsom salt bath, anything... Schedule time for joy each week and make it just as much a priority as your nutrition and hydration.