

Coaching Corner

Spring has sprung, which provides the perfect opportunity for spring cleaning that goes well beyond re-organizing your closet, dusting off hard-to-reach places or sweeping out the garage. Our spring cleaning is about eliminating eating habits that ultimately don't make you feel healthy and happy, and incorporating those foods that bring your best self forward.



Here are a few ideas and tips to get started:

1. Skip the fad diets. Quick fixes do not result in any lasting weight loss or even more importantly, adopting good, healthier habits. Depriving yourself isn't productive. Instead, start off with a slow, steady and sustainable approach to reach your best healthy weight. Your plan should include nutrient-dense foods, physical activity, adequate sleep each night and ways to manage stress.
2. Purge your refrigerator and pantry of all but the healthiest foods. When you're trying to tune up your eating habits, keeping stock of what you have in the house is essential. Make it easy to reach for the right choices by tossing the wrong ones - trigger foods that you can't stop eating once you start, and processed, convenience foods that lack any nutritional value. You'll be much more likely to opt for a crunchy veggie snack if cookies just aren't there!
3. Swap out and lighten up. As you get ready to swap out the heavy winter clothes in your closet for lighter spring materials, consider doing the same for your diet. Remove foods heavy on saturated fats found in meat and dairy products and replace them with fresh, in-season fruits and vegetables at each meal for a delicious and nutritious diet.
4. Be mindful. Think about what you are eating before you eat it. Concentrate and be mindful about what you are eating by asking yourself if you are truly hungry at that moment. Then choose your food carefully and slow down while you are eating it, and relish each bite. This will help you avoid the unnecessary, empty calories that result in unwanted weight gain...and truly enjoy your meal.
5. Start cooking. Making healthy meals requires some planning and preparation, but is well worth your time. Begin by writing up a grocery list on the weekends to prepare for the week ahead. Make sure to put healthy grains, plant-based proteins such as beans and lentils and dark leafy greens at the top of the list. You'll save money by avoiding last-minute, expensive take-out meals, and avoid the urge to just grab whatever is available in your pantry when you're hungry (another great reason to keep your pantry junk-free!). For some delicious recipes, try the Lemon Balsamic Lentil Salad you'll see below and check our website for a seasonal selection of easy-to-make healthy dishes.

Enjoy all the beauty of the spring season by living your best life with intention!

Stay healthy and well,

Coach Jamie, Coach Sarah and the Wellness Coaching Team

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A month into the New Year, most of us are still considering what we might like to improve upon, change, let go of, build or completely eliminate from our hectic lives. Incorporating healthy habits into our everyday routines is the best and most powerful route to achieving wellness, but we know how challenging this can be - commitment, discipline and intention are required, and in large doses!

However, with rising rates of obesity, diabetes, heart disease and chronic illness, it is vital to take a good look at where you are now, and where you want to be heading in 2019. We encourage you to begin by working with Dr. Serna, Dr. Englund or nurse practitioner Stacey Gibilterra, who offer a proven Lifestyle Medicine approach to adopting healthier behaviors. Wellness Coaches are here to help you every step of the way, providing expert support and personalized guidance for achieving a healthy lifestyle. We'll plan, strategize and problem solve...as well as educate, motivate and inspire you to realize your personal vision of wellness.

Let's work together to make a real difference in your life!

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The holidays are in full swing, which means the New Year is right around the corner!

Year after year, many of us make promises and resolutions to ourselves that we are going to be more active, exercise more, eat more nutritious food, quit smoking and give up a host of other unhealthy habits. For the majority of us, we start strong, but have a hard time following through for long-term success.

When setting goals for better health, you are more likely to achieve what you want if you implement the SMART goal criteria! So, what does S.M.A.R.T. goal setting stand for? To make your goal S.M.A.R.T., it needs to conform to the following criteria:

- **Specific**
- **Measurable**
- **Attainable**
- **Relevant**
- **Timely**

When we outline goals that are very specific on how to make them happen and how to implement them into our lifestyles, we are setting ourselves up for success! By following these basic rules, one can cut heart disease by 90%, cancer risk up to 50%, promote weight loss, lower blood sugars and much more. Why don't you start off the New Year by setting a S.M.A.R.T. goal or two!

Happy Holidays and Happy New Year from

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Welcome to a fun and festive fall! Fall is a time when kids are back to school, holidays are approaching quickly and our community gets busy and hectic. It's important to stay healthy and well so that you can take full advantage of being with your family and friends. One way to maximize your health is to get your flu shot, the single most important measure to prevent the flu. A few other important strategies include:

- ~ Stay hydrated: Drink half your body weight in oz. daily.
- ~ Wash your hands often: Sing the ABCs while you soap up or any other fun tune!
- ~ Eat antioxidant rich foods: Add berries to oatmeal or salad! Other "Super-foods" include lentils, kale, spinach, broccoli, salmon, avocados, cauliflower, beets and spices like turmeric.
- ~ Stay Active: Our bodies are meant to move! Any type of movement throughout the day such as walking, taking the stairs, parking your car further from the store, yard work, even stretching counts!
- ~ Sleep: Sleep plays a critical role in our immune function, metabolism, memory and learning processes. Aim for 7-8 hours each night!
- ~ Stress: When chronic stress occurs it can really take a toll on your immune system and overall health. Things such as exercise, spending time with friends and family, and even laughing can help!