



# HEALTHY HABIT CHEAT SHEET

## EAT



1. Prioritize every meal and snack with protein, fiber, and healthy fat using whole, less processed, lower sugar food.
  2. Practice mindful eating, savoring each bite, putting the fork down between bites.
  3. Stay hydrated, drink approx. 64 oz of water throughout the day.
  4. Fill your plate 1/2 with vegetables and always Eat them 1st
  5. Listen to your body's hunger and fullness cues, not your emotional cues.
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## SLEEP



1. Maintain a consistent sleep schedule daily.
  2. Create a calming bedtime routine, hot shower, reading etc.
  3. Sleep in a cool, dark room. ( try a sleep mask)
  4. Limit screen time to 30 min-1 hr before bedtime.
  5. Practice gratitude or journaling to manage the stress to prevent sleep disruptions.
  6. Avoid eating & snacking 3 hrs before bed.
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## MANAGE STRESS



1. Incorporate daily relaxation techniques (deep breathing, meditation, journaling, and gratitude).
  2. Schedule regular breaks throughout the day. (set a timer, you are worth it.)
  3. Question your beliefs out loud ( your brain intuition will tell you the truth)
  4. Make time for activities that bring joy and relaxation, (you will be more productive the rest of your day)
  5. Practice positive self-talk and gratitude daily.
  6. Practice the "PAUSE" 2-3 minutes 5,5,7 breathing
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## MOVEMENT



1. Try an exercise you might enjoy to stick with it. ( like pickleball)
2. Prioritize consistency. aim for the same time daily, (even if it's minutes a day.)
3. Leave weights in the kitchen or couch for strength training.
4. Mix up activities that promote flexibility and balance with fun. (stand on 1 foot when you brush your teeth)
5. Make a habit of moving daily for 5 minutes, even if it's a short walk, climbing stairs, or kitchen counter push-ups. ( Stretch daily before you get out of bed)



# HEALTHY HABIT RESOURCES

## RECOMMENDED READS



**Eat Fat Get Thin** - Mark Hyman MD.  
**Metabolism Makeover**- Megan Hansen RD  
**Glucose Revolution** - Jesse Inchauspe  
**Feel Great, Lose Weight** - Rangan Chatterjee MD  
**Sleep Smarter** - Shawn Stevenson

**Thrive to 95 and Beyond** ~ Elizabeth Phinney my friend and colleague

Kindle edition: <https://a.co/d/2T5zznE>

Paperback: <https://www.thriveto95.com/>

## PODCASTS



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**Feel Better Live More** - Rangan Chatterjee  
**The Doctor's Farmacy** - Mark Hyman MD

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## INSTAGRAM



@drmarkhyman Functional Medicine  
@JustinAagustin - Therapeutic Exercise  
@Daniellehamilton - Functional Nutritional Therapy Practitioner

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## FACEBOOK



**Kare Mary** ~ Kitchen coach, meal planning & prep  
<http://www.facebook.com/groups/PracticalMealPlanningMoms>

Great recipes:

<https://juliasalbum.com/>. ( may need adjust for sugar, or GF 🍷)