



10

ways to

live Well

**RIGHT
NOW!**

In no particular order...

- 1. Don't complain for 24 hours** // Pay attention to the words you speak and watch how your life starts to change. You may be surprised how well your day flows!
- 2. Incorporate a vegetable with every meal** // Non-starchy. Even if it's a small amount it will make a difference over time and have you thinking healthier.
- 3. Turn your tv off for 24 hours** // Or longer. Notice how dependent you are on the TV as a distraction. Maybe without it on... you could get part of that To-Do list done!?
- 4. Eat these foods organic** // Strawberries, spinach, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes and sweet bell peppers. Each of these foods tested positive for a number of different pesticide residues and contained higher concentrations of pesticides than other produce. [Learn more >>](#)
- 5. Drink half your body weight in ounces of water per day** // Keep a large pitcher of water on your countertop or desk and refill your glass (and pitcher) as needed. Having a visual will help you hit your goal by the end of the day!
- 6. Notice your digestion** // If you feel unwell, bloated, gassy, etc., after you eat a particular food, eat smaller portions or eliminate the culprit for three weeks. When you reintroduce it, notice how you feel. Still bad? It's a trigger food and should be addressed.
- 7. Be present when communicating** // When you are with others, put your phone away. There is nothing more dismissive to another human being than to let them know (by your actions & distractions) that they are not as important as what's pinging you.
- 8. Learn about GMO's** // Genetically modified foods affect your waistline, your risk of getting cancer and the environment. Look for the nonGMO Project Verified label and try to limit your intake of GMO's. [Learn more here >>](#)
- 9. Move...everyday** // Even if it's just standing up and walking around for one minute every hour when your iWatch tells you to! Moving daily is called Functional Exercise and keeps your heart and lungs healthy. Better yet - go for a 10 min walk and get some fresh air!
- 10. Chew. Your. Food** // Good digestion (and immune health) begin in the mouth. If you follow step #5 you're eating without distractions and paying attention! Try and count 20 chews when you take a bite. You will be SO surprised at how often you swallow your food whole.

Looking for more?

Anxiety seems to affect more people than ever right now. Learn how to control it and find a sense of peace and calm within your crazy and chaotic world.

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