



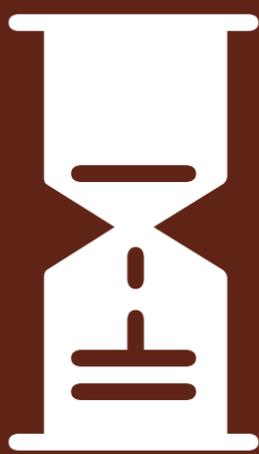
# SUSTAINED LIFESTYLE CHANGE

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Most of us know that we should be eating healthy foods, moving more, and engaging in a bit of restorative self-care. The reality is that life happens, we feel pressed for time, and we find reasons to cling to old habits. Here are some ways to bust through your barriers and create truly sustainable changes in your lifestyle.

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## THE TIME CRUNCH

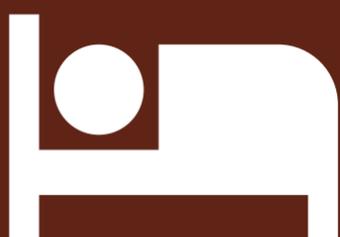


You don't miss deadlines, the kids always make it to practice, and you're there whenever your friends or spouse need you. There's no time for anything else! **Schedule it.** No one is going to schedule time for you, except YOU! So write in that 30 minutes for relaxation (unplugged!), movement, or meal prep.

*Put yourself on the schedule, each and every day, then honor that commitment as you would anything else.*

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## THE ENERGY CRISIS



You want change, but you're wiped out before you even begin. A number of things may influence your energy levels, including: dehydration, nutritional imbalance, underlying illness, sleep issues, and living in conflict with your core values. Start by seeing your MD to rule out illness. Work with an integrative nutritionist to **assess imbalances and develop a plan** that addresses your individual health and wellness goals.

*Aim for 8-10 glasses of fluid per day, and prioritize your care by seeing a professional.*

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## THE BRAIN DRAIN



The "what's for dinner" game can be exhausting. **Enlist help.** Ask your family for ideas, ask your friends for their favorite recipes, hit the library for some cookbooks, or spend some quality time on Pinterest. I like to pass my favorite cookbooks out to family members and ask them all to pick a recipe. Boom! There's 4 meals planned in a matter of minutes and no one can complain about it!

*Recruit others! If they're eating, they can help with the planning.*