



8 TIPS TO IMPROVE WELLNESS

FOLLOW THESE STEPS

*to
wellness*

1

AVOID PROCESSED FOODS AND SUGAR

Ultra-processed foods have chemicals, preservatives, fillers and hidden sugars which can cause systemic inflammation and a range of health conditions varying from obesity, diabetes, cancer, depression and heart disease. They are often low in nutrients, high in calories and high in sodium. They also can be hard to digest and cause gut issues and nutrient deficiencies.

2

EAT WHOLE FOODS, ESPECIALLY LEAFY GREENS

Whole foods have a wide range of nutrients and are usually more satiating and less calories than processed foods. They consist of fruits, vegetables, seeds, legumes, nuts, meats and seafood, eggs and spices. Whole foods are usually items that exist in nature and have not been processed, refined or had ingredients added to them.

3

MAINTAIN A HEALTHY WEIGHT

Obesity, which is defined as a BMI over 30, has been associated with an increased rate of chronic diseases and and increased mortality rate. Research shows that even just a 10 pound weight gain was linked with adverse health conditions, such as type 2 diabetes, hypertension, cardiovascular disease and cancer.



4

EXERCISE REGULARLY

Exercise has many benefits, both physically and mentally. It is important for health, health and weight loss/maintenance. Additionally, it has been shown to support mental health by improving sleep, focus, and self-esteem and decreasing pain, fatigue, anxiety and depression. It also improves mood.

5

GET ADEQUATE SLEEP

The body needs adequate sleep to ensure adequate health. Poor sleep causes changes in your brain, digestive, central nervous and musculoskeletal systems. It has been linked to higher risk of chronic diseases, trouble concentrating, poor mood and irritability, isolation, IBS, headaches/migraines, thyroid issues, respiratory issues, and increased inflammation. Aim for 7-9 hours per night.

6

DECREASE STRESS AND INFLAMMATION

Chronic inflammation is one of the major causes of serious illnesses. Stress can contribute to chronic inflammation. Certain foods can influence the inflammatory process, but stress-relief techniques are also useful tools. Deep breathing, setting realistic goals and being positive and kind all help decrease stress and increase positivity.



7

MAINTAIN HEALTHY RELATIONSHIPS

Social support and connections to others improves health outcomes while loneliness, isolation and disconnection increase depression and health risks. Research shows those with healthy relationships are happier, healthier and live longer than those with no support.

8

KEEP YOUR MIND ACTIVE

Spending time learning or improving helps motivate and inspire and increase happiness. Keeping your mind active gives a sense of purpose and helps one stay focused on the bigger picture rather than our day-to-day stresses and problems.

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