



# Choose Joyful Health

Move well. Feel good. Do what matters.

## Welcome to Week 2

***“Almost every successful person starts with two beliefs: the future can be better than the present, I have the power to make it so.”  
–David Brooks***

### What We Need to Do Together This Week

- Physical Training Session, can be combination of yoga, cardio, weights, general fitness.  
Location: Riverside Tennis Club, 435 Hammett Bridge Road, Greer, SC 29650
- Pantry Purge – Optional – Schedule me to come to your house and help you throw away unhealthy foods. I will take packaged foods to a soup kitchen for the homeless. We can also do this in Week 3.

Link to scheduler: <https://choosejoyfulhealth.acuityscheduling.com/>

### What to Eat, Short and Sweet – Summary Week 2: Cut Out the Crap and Eat Real Food

- Eliminate food you know to be crap (junk) food, cookies, chips, sodas, candy, store-bought cakes and pies. Avoid fried foods.
- Replace with nutritarian foods – foods that bring nutrients to your body – whole, real, pure foods from the earth.
- If you eat anything that comes in a package, READ THE LABEL!!!!
- See the download “What to Eat, Short and Sweet” for more info, strategies, and recipes.
- Continue daily Nutritarian goals from Week 1:
  - Eat at least 2.5 cups of vegetables.
  - Replace liquid calories with water and herbal tea. Whole, organic milk is OK in moderation.
  - Drink about 64 oz/ about 2 liters of water
  - Use the pee color test from Week 1 to make sure you are hydrated.

### Move – Walk 10,000 steps and/or Exercise 30 minutes 6 days this week

- Walk 10,000 steps daily.  
and/or

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- Exercise for 30 minutes in a way that makes you sweat, increase heart rate and breathing rate. Aim for at least two strength training sessions of 15 minutes each. See Stronger This Year and Working Woman's Workout videos in Tips & Tools.

## Relax and Sleep Better Tonight

- Unplug from your electronic screens (phone, tablet, TV, computer) at least 1-2 hours before bed. Experiment to find the ideal time. Even if you do not notice better sleep right away, stay with the habit. It can take time for your body to reset from an interrupted sleep pattern. Replace electronic stimulation with stretching, reading a real book/magazine, journaling, listening to music, talking to a friend (instead of texting), a bubblebath, spending time outside or anything else you enjoy.
- Use one or more of these three breathing techniques to help you fall asleep or fall back asleep:
  - **Alternate Nostril Breath** balances the two hemispheres of the brain and leads to clearer thinking/less anxiety. From a seated or lying-down posture, take several slow, calm breaths and exhale completely. Close your eyes. After exhaling, close the right nostril. Breathe in through the left. Close the left, open the right, exhale through the right. Now breathe in through the right, close the right, open the left and exhale through the left. That is one cycle. Complete five to ten cycles or more, then breathe normally through both nostrils. Observe if your mind feels calmer and quieter. See related video.
  - **50 Countdown:** Lying down, rest one hand on your abdomen and one hand on your heart. Feel your breath flowing in and out. When you inhale, count 50, when you exhale count 49. Continue counting backward, even number on the inhale, odd number on the exhale. When you reach 20, count one number per full cycle of breath, meaning 20 on the inhale and the exhale, 19 on the inhale and the exhale, and continue to 0.
  - **HeartMath Quick Coherence Technique:** Focus on the area of your heart. Imagine your breath coming and going directly from your heart. Take smooth, even breaths, aiming to make the inhale and exhale the same duration. If using the HeartMath app, follow the breathing pacer. If not, Count the duration of breath on your fingers. Now focus on a positive emotion such as love, appreciation, peace, etc. Imagine or remember it as if it's really happening. Your nervous system (brain, nerves and associated glands) will respond by decreasing the stress response and increasing the relaxation response.

## Train Your Brain / "Flip the Switch"

- **Feed your mind**, spirit, and emotions with positive expectations of the results you will achieve. Surround yourself with images, words, and reminders of what you want and how you

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want to feel. Change your computer passwords to phrases you love. If you like to draw, write, make collage, or create in some other form, create a visual reminder of your dreams and desires. Or use Pinterest! Focus on what you LOVE.

- **Use physical anchors** to remember your goals many times during the day. I will teach you how to do it. It is important to imagine yourself as you want to feel, energized, joyful, strong, etc. Get very detailed in your mind, and FEEL it as if it is already happening. It can be helpful to do this after using a relaxation technique such as HeartMath or Alternate Nostril breathing. When you feel you are truly “there,” use an easily-repeatable physical gesture to ANCHOR the feeling. Whenever you do the anchor (several times a day) recall the feelings. I use sign language letters with my hands to remind of my most important visions for my personal success and joy.

## Tips & Tools

- What To Eat, Short and Sweet – Eat Real Food (download)
- Check out Dr. Michelle May’s book, *Eat What You Love, Love What You Eat*. Some of the nutrition recommendations (regarding fat) are out of date, but her advice on breaking the “yo-yo diet cycle” is wonderful.
- A little yoga goes a long way. This week’s video is Yoga Foundation: Standing Poses <https://www.youtube.com/watch?v=iH7lvkifXOM>
- Stretch to Prep for Anything (3.5 minutes) – A warm up stretch you can do before any workout or physical activity <https://www.youtube.com/watch?v=ccmqp-px7qI>
- Stronger This Year Week 2 (do video twice for 15 minutes of strength training) [https://www.youtube.com/watch?v=yyr25RjM8s8&list=PLgOTXC3BV26wH5SS3sC7FC\\_wrYI8E10c6&index=2](https://www.youtube.com/watch?v=yyr25RjM8s8&list=PLgOTXC3BV26wH5SS3sC7FC_wrYI8E10c6&index=2)
- Working Woman’s Workout – Glutes and Legs in 9 minutes <https://www.youtube.com/watch?v=uVzI7qWbnK8>
- Working Woman’s Workout – 2.5 minutes of Abs <https://www.youtube.com/watch?v=n0BBqLThBcg>