



Choose Joyful Health

Move well. Feel good. Do what matters.

Welcome to Week 5

“The best way to predict the future is to create it.” – Abraham Lincoln

What We Need to Do Together This Week

- Coaching Session, can be combination of nutrition, stress management, goal-setting, yoga, cardio, weights, general fitness. Location: Riverside Tennis Club, 435 Hammett Bridge Road, Greer, SC 29650
- Please schedule via the Eudufii app or phone/text (864) 561-5925.

What to Eat, Short and Sweet – Reduce Inflammation Summary

- Eat wild-caught cold water fish like salmon, tuna, herring, mackerel, and sardines, 2-3 times per week. These fish are rich in Omega-3 fatty acids, specifically EPA and DHA, that are good for your heart, brain, joints, and mood.
- Eat bright and dark-skinned plants and eat the skins! Examples include eggplant, tomato, bell peppers, dark grapes, all berries. Eat herbs and spices such as ginger, turmeric, cinnamon, basil. Drink black and green tea. All these foods have polyphenols which are highly-beneficial plant compounds proven to reduce inflammation.
- Replace Omega 6 and inflammatory oils with organic butter, ghee, coconut oil, and extra-virgin olive oil.

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

- Continue daily movement of yoga, weights, cardio
- Ask me for the support you need to keep moving in a healthy way!

Relax and Sleep Better Tonight

- Unplug from your electronic screens at least 1-2 hours before bed.
- Use one or more of the three breathing techniques to help you fall asleep or fall back asleep. Ask me for help if you want to practice together.

Visit www.choosejoyfulhealth.com for more healthy lifestyle tips & tools.

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Train Your Brain / “Flip the Switch”

- **Feed your mind** the images, thoughts and emotions you want to create. Notice negative self-talk and redirect. Pretend to feel the way you want to feel to experience the benefits.
- **Surround yourself** with reminders and images of what you want.
- **Use physical anchors** to remember your goals many times during the day.