



Choose Joyful Health

Move well. Feel good. Do what matters.

Welcome to Week 6

“You are what you eat eats.” – Michael Pollan

What We Need to Do Together This Week

- Coaching Session for whatever you need: food, talk, yoga, cardio, weights, general fitness. Location: Riverside Tennis Club, 435 Hammett Bridge Road, Greer, SC 29650
- Call or text to schedule appointment: 864-561-5925

What to Eat, Short and Sweet – Seek the Source

- Choose organic animal products, always.
- Choose seafood that is good for you and good for the planet (on the Seafood Watch list).
- Choose organic plants when the crop is genetically engineered or on the Dirty Dozen list.

Move Your Body.

Relax & Sleep Well.

Train your Brain to Expect Positive Outcomes.

It's the start of Week 6, and guess what? We aren't perfect! We aren't ever going to be perfect. We aren't perfect now, and we would not be perfect even if BOOST was a two-year program. Life is always going to be full of blessings and challenges like work, friends, family, health, emotions, decisions, and stress.

BOOST is a launching pad that gives you a powerful start towards keeping your health and wellness a high priority during all those ups and downs of life. That doesn't mean that we will ever have a perfect week in which we eat all the “right” foods, exercise every day, get great sleep, and be kind to everyone who crosses our paths. It means that we keep committing over and over again to making the best choices we can with what we've got in the present moment and circumstances.

This week try using the Wellness Wheel (available for download) to identify what areas are going well, and what areas need more focus and attention. I'll help you!

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

© Joan Craig 2016