



Choose Joyful Health

Move well. Feel good. Do what matters.

Welcome to Week 3

“Every now and then bite off more than you can chew.” – Kobi Yamada

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. (1 hour)

Cooking Prep – Optional – Schedule me to come to your house and help you prep meals and snacks for the week. (2 hours)

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

What to Eat, Short and Sweet – Summary Week 3: Stop the Sugar

- It's an addiction, and you can break it.
- Sugar is everywhere. Read every label and ask at restaurants. See this week's **What to Eat** for more details.
 - 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.
 - Eat Real, Whole Food.
 - Avoid fried food.

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

- Walk 10,000 steps daily.
and/or
- Exercise for 30 minutes in a way that makes you sweat, increase heart rate and breathing rate.
- Do cardio that makes you happy.
- Aim for at least two strength training sessions of 15 minutes each. See Stronger This

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Year in Tips & Tools.

Relax and Sleep Better Tonight

- Unplug from your electronic screens (phone, tablet, TV, computer) at least 1-2 hours before bed so that your body will make its natural melatonin.
- Finish eating 2-3 hours before bed whenever possible. If you are hungry and it is close to bedtime, try a small amount of foods high in tryptophan, such as 1 cup of milk, 1/2 cup of yogurt, 1 oz of cheese, handful of almonds or walnuts. Cherries may boost production of melatonin. Eat as little as you can to satisfy your hunger so that you won't be disturbed by digestion. Many times we mistake fatigue for hunger. If your stomach is growling, it's real hunger.
- Continue using your breathing techniques from Week 2. Alternate Nostril, 50 Countdown and HeartMath.
- Spend time in nature, even it is simply sitting on the porch, before bed. It's even better to walk barefoot in some soft grass.

Train Your Brain / “Flip the Switch” - Continue every day! We will discuss in person.

- **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 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 Pinterist! 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 Joan Borysenko's book, *Plant Plus Diet Solution*, for the science behind stopping sugar.
- Stronger This Year Week 3 (do video twice for 15 minutes of strength training)
https://www.youtube.com/watch?v=4iram4PfJ0A&index=3&list=PLgOTXC3BV26wH5SS3sC7FC_wrYI8E10c6

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