



**5 Steps to Getting
Healthy!**

Are You Ready?

Primal Wellness is a resource for those that want to get healthy but don't know where to start. Whether you've never seen the inside of a gym and couldn't tell a barbell from a dumbbell (yes, there's a difference 😊) or you've realized that it's time to get back in shape and need a boost, we've got you covered.

DISCLAIMER: Please check with your healthcare provider before starting any exercise program. If at any time you feel faint, dizzy, lightheaded, are nauseous or feel chest pain during exercise, stop immediately and consult your physician.

5 THINGS TO CONSIDER BEFORE STARTING A HEALTH AND WELLNESS OVERHAUL

We do it each year, each month and for some of us, every Monday morning (you know who you are and I love you for it!)

We make a promise to ourselves to eat better, get moving, say no to the glass of wine (or two) at the end of the day. We move the furniture out of the way so we can wake up and exercise to our

favorite DVD first thing in the morning. We put high expectations on ourselves...and when we don't meet those expectations we feel guilty, or even worse, worthless and undeserving.

I would like to take a step back and talk about a few things to consider before trying to implement a new health and wellness plan and give you a few tools to help lead you to a successful commitment.

#1

YOU NEED TO BELIEVE YOU CAN!

Yes, I said it...thank you captain obvious! But seriously, the only voice you need to listen to is your own, and when you are telling yourself that it's going to be hard **IT WILL BE!** Change the voice in your head. Tell yourself you can do it, this is your choice. **WANT IT.**

One thing that has been proven to work so well is positive self affirmations. You see, we often believe what we think. "I'm not going to succeed" often leads to, you guessed it, failure. Try, (humor me and just try), to tell yourself that you've got this. You are making a change, you are healthier and committed. Give yourself a pep talk. Talk to yourself the way you would talk to a friend. Get the negative thoughts out and replace them with positive thoughts. Have a mantra and write it down. Write it in lipstick on your bathroom mirror if that's what it takes. Change your mind, change your habits.

Meredith's Tip: Come up with a weekly mantra. Try saying, "I'm worth it", "I can do this", "I'm deserving". Repeat it throughout the day.

#2

YOU NEED SUPPORT!

Some of us have the most supportive families, friends and loved ones. Some of us know someone close that they can reach out to for motivation and inspiration. Likewise, some of us have family members that don't want to give up their beef and cheese just because you decided to get healthy. First, let me just say

Meredith's Tip: Go to your computer's browser (internet explorer, etc....) open google and type in "free on line weight loss community" and tell me you don't find a bunch of sites that you can sign up for that will help give you the support you need.

that if you do not have a support system at home or if you have a family that is not on the same page as you, try setting a good example. Start walking the walk and you may be surprised who will follow. Second, if you need support, it's out there. **FIND IT!** Is it a co-worker? Maybe it's a fitness class you join, or a boot camp, or a small gym where you see the same faces. Did you know there are on-line communities that you can join for free to give you encouragement? The fact of the matter is, you have resources. Find them and use them. Be your own advocate.

If you can afford a personal trainer or health coach, I would highly encourage that. Even the top fitness professionals receive personal training and see health and wellness coaches to stay on top of their game. If not, try finding a friend or someone to make a change with.

Again the bottom line is there are a lot of resources available.

#3

IT HAS TO BE MORE THAN JUST LOSING WEIGHT TO GET INTO THAT DRESS

Let's face it, it will feel great to get into those pair of jeans, that dress, that sweater with the ruffled neckline...I know, I get it. But there has to be something more to your journey. There has to be a true concern, interest and commitment to your wellbeing. Did you know that according to the American Heart Association, 80% of heart disease can be **PREVENTED** by choosing a healthy lifestyle? I'm sorry, no I'm not, making good choices by eating right, being active and learning how to cope with stress better can reduce your risk of **SO MANY** diseases. Who doesn't know someone that has been affected or is at risk for heart

disease? **NOT MANY!** If everyone you know exercises 30 minutes a day on most days of the week, eats a healthy low fat diet with 5 - 9 servings of fruits and vegetables each day, has limited stress, gets 8 hours of sleep and has no family history of heart disease (including high blood pressure and high cholesterol), than I want to meet you. You are truly a rare find.

#4

YOU NEED A PLAN

You can't just say "I'm going to be healthier"...you need to put together a plan for success. What does this mean? If being healthier means fitting in exercise (which it should) than you need to schedule that in. You need to open up a calendar and schedule exercise. Work your way into it, don't say, "I'm going to exercise an hour a day for

the next 5 days" if you haven't gotten off the couch in years! Build a plan that you can stick with. Try 10 minutes of **SOMETHING** on 3 days this upcoming week. If you do more, great! Once you start to move on a regular basis, your body will want more, and you'll be able to do more.

Nutrition is also very important when planning. Make a menu,

Meredith's Tip: Goals should be S.M.A.R.T.!

- Specific,
- Measurable
- Achievable
- Relevant
- Time-bound

Be as specific as you can when setting goals with a target date of achieving them and a plan on how you will get there.

make a shopping list and prepare for the busy times! I would be ruined without my grab and go breakfasts!

#5

LIFE HAPPENS!

So you planned and it didn't come together today, this week, this month. OK, try again! I hear so many times, "I was doing great but then (Fill in the blank!)". Yes, things happen, we are human! The key is to be consistent and when you mess up, get yourself back together and move on!

Allow for a cheat meal. Schedule it, it doesn't have to be on the same day each week. Perhaps it's Friday when you go to happy hour with friends and end up eating out. Maybe it's Sunday when you get together with family and you know that grandma is going to bring that

extra special dessert she always does. It's ok to treat yourself once in a while, but remember to do so in moderation. Have that piece of cake, but not half the cake! Eat a piece of pizza, but not the whole darn pie. Take a couple of mini chocolate pieces, not the bag. Get it? It's about control, support, wanting it and planning for it. If you have any questions, go back to reasons #1 – 4.

SO, ARE YOU READY?

If for any reason you have read through this and are thinking to yourself that you are not ready, I ask you to take a step back and understand why. What is holding you back? What can you change to move forward? For most of us, making a lifestyle change is more about what is going on in our head than what is going on in our bodies.

Perhaps you need to do a little more soul searching, find someone to talk to and get yourself in a better frame of mind. Congratulations for figuring this out. Now take the next step...for YOU! I believe in you.

I believe everyone deserves to feel their best. How we move and what we put into our bodies has such a strong impact on how we feel, physically and mentally.

However, if you have your plan, your support, your reason, the belief in yourself, and you are prepared to make a commitment and move forward even if sometimes you may fall back a little bit, then congratulations, YOU ARE READY!

I won't say it will be easy, but I can say is that it will be worth it. A better quality of life is in your future. If you've taken the step to go this far, you are in it to win it. Take a breath, get yourself ready and take action.

Be healthy, be well,

Meredith