

How to Win at Health & Happiness

By: Robynn Nierop

Date: April 17, 2018

Strategy #1- Optimal Sleeping Habits

- The foundations for good health are: a clean diet, regular exercise and good quality sleep, but two out of three doesn't get you there

Poor sleeping habits:

- Lack of sleep may make you more susceptible to health problems, such as heart disease, stroke, diabetes, obesity and/or depression
- Sleep loss can reduce the body's ability to regulate hormones that manage hunger
- Poor sleeping can result in a higher incidence of accidents and injuries
- It can increase stress and/or an inability to cope with stress

Ways to improve sleeping habits:

- Keep regular hours
- Develop a "sleep ritual"
- Take some time to relax and unwind before you go to bed
- Avoid caffeine and other stimulants (sugar)
- Avoid drinking alcohol right before bedtime
- Make your bedroom "sleep-friendly"

Strategy #2 – Clean Eating

Research has found that to keep the body healthy and ultimately, disease-free, we want to alkalize the body and avoid acidic forming food and drinks. An acidic body can lead to internal inflammation = an unhealthy environment conducive for disease and sickness for form.

Alkalized foods typically require less energy to digest, which means you have more energy for everything else!

Energy consumption = Energy production



How to Win at Health & Happiness

By: Robynn Nierop

Date: April 17, 2018

Does food impact energy levels and mood?

The way we eat affects our metabolism and brain chemistry

- Choose complex carbs versus simple carbohydrates
- Get adequate daily protein
- Fat is not a bad thing (healthy fats in moderation)
- Avoid skipping meals
- Try consuming smaller meals more often
 - helps to level out blood sugar fluctuations
 - prevents energy from dropping low and prevents overeating

A variety of vegetables to choose from:

- **Cruciferous vegetables**
 - Cauliflower
 - Broccoli
 - Brussels Sprouts
- **Leafy green veggies**
 - Chard
 - Spinach
 - Kale
- **Beta-carotene rich veggies**
 - Pumpkin
 - Carrots
 - Yams

Fruits to consider consuming:

- Berries: Blackberries, blueberries, raspberries, strawberries
- Beta-carotene-rich fruits: Apricots, cantaloupe, mango
- Citrus fruits: Grapefruit, lemon, lime, oranges

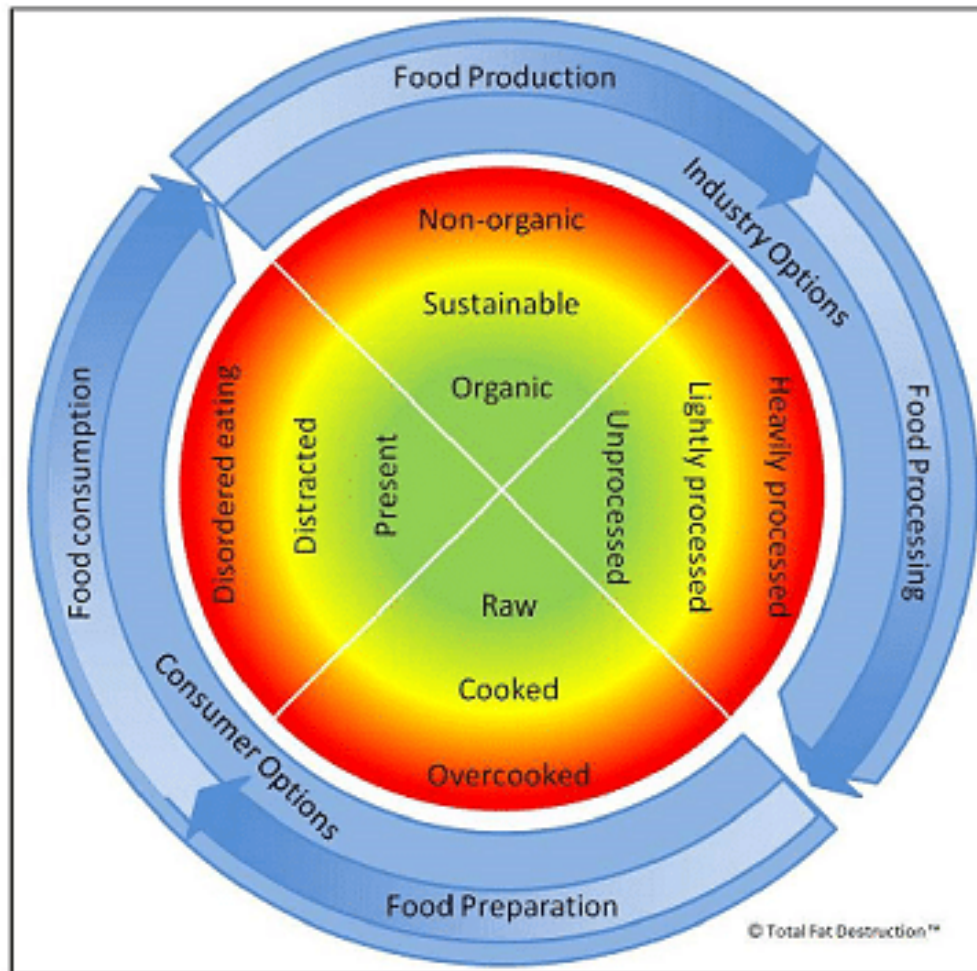
How to Win at Health & Happiness

By: Robynn Nierop

Date: April 17, 2018

The Wheel of Integrated Nutrition by Canadian Fitness Professionals (canfitpro)

Goal: to get as close to the “bullseye” (the green portion) as often as possible!



The Importance of Regular Water Intake

- Regulates body temperature
- Supports regular detoxification
- Maintains energy levels

How to Win at Health & Happiness

By: Robynn Nierop

Date: April 17, 2018

Strategy #3- Check Your Mindset

- Our thoughts and our inner world influences how we experience our life and the outer world around us

T → F → A → R

Can be (+) or (-) = you choose and you redirect your thoughts...

Thoughts → Feelings → Actions → Results

Choose wisely!

(+ + + + + + +)

Optimism & Health



How to Win at Health & Happiness

By: Robynn Nierop

Date: April 17, 2018

Strategy #4 - Maintain a healthy weight

The culprit for health problems associated with weight is typically a sedentary lifestyle in addition to poor nutritional practices; it's not always the weight itself

- Visceral fat – high amounts can release more of the acids that raise the risk of heart disease, along with factors that increase blood pressure and blood sugar. This type of fat builds around our organs
- Subcutaneous fat – is found just under the skin layer. It can specifically be stored in the shoulders, stomach region, “love handles” and thighs

Visceral fat is more detrimental to our health

Strategy #5 – Find movement regularly

1. Improves your mood
2. Combats disease and illness
3. Helps to maintain a healthy body weight
4. Strengthens your cardiovascular system
5. Promotes better quality sleep
6. Can improve your sex life
7. It can be fun!
8. Boosts your immune system
9. Reduces stress and anxiety
10. Improves confidence
11. Increases mental clarity and so much more!

Strategy #6 - Manage your stress

Learn to identify:

- The difference between acute vs. chronic stress
- Resilience vs. stress management
- Immune function being impacted by high stress levels
- Stress warning signs (what are YOUR warning signs?)

Your most resourceful tool: the power of your **BREATH!** Deep inhales and long exhales x 3

How to Win at Health & Happiness

By: Robynn Nierop

Date: April 17, 2018

Choose change for a happy & healthy lifestyle:

- Choose one point of focus from the presentation (example: creating sleep prep habits; consuming more lean sources of protein; trying a dance class, etc)
- Create a plan around the point of focus
- Build your support system
- Ask for help when you need it
- Practice the change for 30 days
- Keep your intentions and thoughts positive and focused on what it is you want to achieve!

