



10 Daily TIPS to Live Healthy

Grade yourself 0-100%

I have created this list of 10 daily minimums to do in an effort to maintain minimal good health. Please keep in mind these are MINIMUMS. We can always do better to reach optimal health. I want to emphasize if we meet ALL these daily minimum requirements then we will be well on our way to optimal health. As you read the list, give yourself a point for each one that you consistently meet daily. If you earn 10 then that is 100% and you are an A student. If you only reach 7 out of 10 then that is 70%, with a grade of C. So what kind of grade do you want to earn when it comes to your health? Do you want to be an A student, an average student, or a failing student when it comes to your health?

HEALTH DAYS

1. **HOUR** every hour get up and move for 5 minutes.
2. **EAT** raw fruits & veggies. 4 fist size fruits & 5 fist size raw veggies every day.
3. **ATTITUDE** of gratitude. Take a deep breathe in through your nose and out your nose and think of one thing you are grateful for.
4. **LAUGH** out LOUD. Don't take things so seriously including yourself. Laugh at yourself
5. **THINK** Read for 10 minutes every day or solve a puzzle, sudoku, or problem
6. **HYDRATE** Drink your body weight in ounces of water a day. Drink 50% ~100% of your body weight in ounces daily. Do if you weight 100lbs drink 50-100 ounces of water a day
7. **DAYLIGHT** - Get outside 10 minutes. Vitamin D (from the sun) is essential for one's mood and proper nutrient absorption. Oxygen from trees is the cleanest source o2.
8. **8** Sleep 8 hours.
9. **YAY** I get to exercise for 30 minutes every day.
10. **SOCIALIZE** -interact with a minimum of three people that you do not live with daily.
 1. Move. Every hour stand up & move for 5 minutes. No matter how active you are in the morning if you spend the rest of your day sitting in front of a computer then this can be devastating to healthy circulation that your body needs. Good circulation is key so that oxygen is delivered to all your cells, muscles, tissues, and organs. Standing up and moving is essential to maintain healthy circulation.
 2. Eat FOUR fist size servings of RAW fruits AND FIVE fist size servings of RAW veggies a day. Enzymes, nutrients, and vitamins help you rebuild cells you are damaging daily. The only source of vitamins, nutrients, and enzymes is in raw food. If you cook anything over 118 degrees then you are cooking the enzymes, nutrients, and vitamins out of the food. By eating 4 raw fruits AND 5 raw veggies you will also meet your daily minimum requirement of fiber. Fiber is essential to maintain a healthy body weight by helping you eliminate waste in your body. Keep in mind after the food you eat has gone through your intestines and sits in the colon it is now toxic to your body. So, the

longer your waste sits in your colon the more toxins are released in your blood stream and organs. Fiber helps you eliminate that waste.

3. An attitude of gratitude is paramount to our happiness, being positive, and having sound mental health. Take time to take a deep breath and be grateful for at least one thing each day.
4. Laugh out loud at least once daily! Laughing is a great stress relief. Laugh at yourself. Don't take yourself so seriously. Choose happy positive lighthearted content to read, listen to, or watch on tv. Watch a comedy on TV over the news or a violent drama. I think we can all agree that we have only one opportunity to live our best life and that our happiness is paramount.
5. Think. Your brain is a muscle and like all muscles if you do not use it, you lose it. We need our synapses to fire, in an effort to maintain healthy cognitive functions. Read 10 minutes a day (try to read positive enriching content and stay away from the news) or learn something new every day (yes this counts) or solve a problem, puzzle, crossword, or sudoku.
6. Hydrate. Drinking water is key to maintain a healthy balance of electrolytes for normal organic function and circulation. To avoid dehydration, where your electrolytes are depleted and the consistency of your blood becomes viscous making it harder to pump blood through your body to all your muscles and organs, you must drink enough water. Drink 1/2 your body weight in ounces of water daily. If you weigh 150 lbs then drink 75 ounces of water daily. If you live in a hot humid climate like we do, then drinking 75% of your body weight is better. And if you are highly active and live in a hot humid climate then you should drink equal to your body weight in ounces daily. So, if you weigh 150 lbs you should aim to drink 150 ounces of water daily.
7. Get outside for at least 10 minutes every day. Get out in nature and breathe fresh air. Trees are the source of oxygen and fresh air is the best source of oxygen. Vitamin D (from the sun) is essential for one's mood and proper nutrient absorption. The sun is the source of all energy so get outside and enjoy it. If you ever find yourself needing clarity or having a hard time in making a decision, go outside take a deep breath, and you will see the best choice will be clearer.
8. Sleep 8 hours a day. Sleep is vital to maintain a healthy endocrine system, so your hormones are in check. If your hormones are not in check and your cortisol levels are high, then you are stressing your body and stress has a detrimental response on the physiology of your body. When your body is stressed your arteries, capillaries, & veins are constricted making it harder to transport oxygen to all your organs including your brain keeping you from thinking clearly. Ideally, it's best to sleep 8 hours at night so if you have to nap to add up to 8 solid hours per day then that is ok.
9. Yay I get to Exercise for a minimum of 30 minutes daily. Exercise is essential for countless reasons. Being sedentary is dangerous. We live very comfortable lives and none of us are working to live. None of us are growing our own food, hunting, or gathering our own food or running from prey. We must be active every day to promote healthy circulation. Elevating your heart rate to 75% of your maximum effort helps pump blood which carries oxygen to all your vital organs for healthy organic functions. For exercise to count, you should be working at an intensity of 75% of your perceived maximum exertion. You should be working so you are sweating because the main benefit of sweating is that you rid your body of toxins. So, if you can go run errands after you exercise without taking a shower and you are not embarrassed at how sweaty you are then that does not count as exercise.
10. Socialize. As human beings we have a strong need to connect with others and have a sense of belonging. Healthy relationships are a huge mood booster and help keep our hormone levels healthy. Interact in person with at least 3 people that you do not live with every day for at least 1 minute per person. Do your best to reach out and interact with people you find to be positive and are enriching relationships. Social media and texts do not count. Phone calls, zooms, & face times can count. But in person human contact is best.