

LIVING Practically WELL

Emotionally – Physically – Mentally

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4% OF YOUR LIFE IS ALL IT TAKES

If you spend 4% of your waking hours taking care of yourself, it equates to 5 hours a week (96% for all the others in your life).

Care for yourself 4% of your life and you will increase the potential of caring for others beyond what you ever experienced.

For the days and weeks that you are making the choice to care for yourself differently than you normally do --- **1% is all you need.**

	4%	1% (Back Up Plan)
▪ Relaxation – time to listen and love	2 hours/week	½ hour/week
▪ Move – Exercise	2.5 hours/week	¾ hour/week
▪ Food – one habit/month	<u>½ hour/week</u>	<u>¼ hour/week</u>
	Total: 5 hours	Total: 1 ½ hours

IT TAKES 21 DAYS TO ESTABLISH A NEW HABIT, 72 HOURS TO LOSE IT.

RELAX – 5–20 MIN/DAY–LISTEN AND LOVE

BREATH – With your Belly

START YOUR RELAXATION TECHNIQUES WITH 5 MINUTES. ADD ONE MINUTE EACH MONTH FOR 15 MONTHS.

Whatever is happening is what you need. Mindfulness is to become more self-aware of what is happening, not what to do: what to do will follow. Daniel Goleman's book, Emotional Intelligence, should be read by anyone who is alive. Emotional Intelligence is about self-awareness and that it is most effectively achieved and sustained through relaxation techniques, according to Goleman.

EXERCISE – 15 MINUTES EVERY OTHER DAY

Write down a 15-minute exercise plan. Running in place, jumping jacks, sit-ups, push-ups, jumping rope, going up and down the stairs for 15 minutes. **DO SOMETHING, EVEN IF IT'S SMALL AND MAINTAIN THE HABIT FOR THE REST OF YOUR LIFE.**

- FREQUENCY – 3 TIMES/WEEK
- DURATION – 15 MINUTES
- INTENSITY – Don't worry about it.

EXERCISE FOR LIFETIME HEALTH AND FITNESS

- FREQUENCY – 5 TIMES/WEEK
- DURATION – 30 MINUTES
- AEROBIC CONDITIONING – THREE DAYS/WEEK
 - INTENSITY – 60–75% OF AGE ADJUSTED MAXIMUM HEART RATE
- STRENGTH TRAINING – TWO DAYS/WEEK
 - 4–6 STRENGTH TRAINING EXERCISES
 - TWO SETS WITH 8–12 REPETITIONS
 - DYNABANDS – STRENGTH TRAINING FOR TRAVEL

ALWAYS HAVE A BACK-UP PLAN – YOU'VE PLANNED 30 MINUTES OF EXERCISE, DO 15 MINUTES IF THAT IS ALL YOU HAVE.

Stand on one foot and tie your shoe every day.

LAY OUT YOUR EXERCISE CLOTHES THE NIGHT BEFORE. WEAR your exercise clothes to bed. I mean it.

MAINTAIN YOUR INTEREST BY LISTENING TO BOOKS ON TAPE WHILE EXERCISING. Watch a movie while you exercise.

FOOD – ONE HABIT/MONTH – 30 MIN EACH WEEK

SHARE AN ENTRÉE – CHOOSE AN APPETIZER FOR YOUR MAIN COURSE. Have the kitchen keep half the entrée in the kitchen. Have the other half put in one of those swan things and take it home.

EAT WHOLE FOODS (food in its original state) AS OFTEN AS POSSIBLE.

What are you feeling? Why do you want to eat the row of Oreo's, the bag of chips, the chocolate? Are you tired? Are you bored? Are you frustrated? Are you angry?

EAT MINDFULLY – TAKE a moment TO UNDERSTAND WHY YOU are eating.

The next step is to know what comfort food you go for and the traits of that food. Is the food crunchy and salty? Is the food cold, smooth and sweet? Now substitute a better choice with the same traits of the comfort food you go for in times of emotional eating– Nuts and seeds with raisins for the crunchy and sweet– A soy shake for the cold, smooth and sweet. Get creative and come up with alternatives to what you unconsciously go for now.

Are you hungry? IT TAKES 20 MINUTES FOR YOUR STOMACH TO TELL your brain, YOU'RE FULL. Chew your food and set your fork down between bites.

Are you standing while you eat? It is mindless and the food is often not counted.

A FEW MORE THOUGHTS...

- **DON'T JUST DO IT! ENJOY IT!**

Write down three things in life you enjoy. Now take those things and apply them to living well. Reading– Books on tape, Movies– Watch a movie during your exercise session (one movie for Monday, Wednesday, and Friday).

- **MOVE FROM HAVE TO'S TO WANT TO'S**

If you believe it, it is. If you say you have time, you will. If you say you like to exercise, you will. If you say you will get an "A," you have a better chance of getting the "A."

The idea is to look at the situation in a manner that is solution–orientated and to be open to the process of finding the answer. In their book, The Art of Possibility, it is all possible. Be open to the possibility. Write down your intentions and believe them to be true. It is much about the self–fulfilling prophecy.

LAUGHING 17–35 TIMES OR MORE EACH DAY MAY INCREASE how effective YOUR IMMUNE SYSTEM fights.

Smile– Studies indicate when you smile you neurologically send a message to your brain you are happy. It doesn't matter if you are or not.

Resource List

Websites:

- nutritionaction.com
- webmd.com
- healthletter.tufts.edu
- clevelandclinic.org (health extra)
- foodnews.org/reportcard.php
- cdc.gov (Centers for Disease Control and Prevention)
- nih.gov (National Institutes of Health)

Books:

“New England Journal of Medicine” by Massachusetts Medical Society

“Healthy Steps– Tips and Tools for Raising Healthy Kids” by Nestlé

Benson, Dr. Herbert. Beyond the Relaxation Response: How to Harness the Healing Power of Your Personal Beliefs. Berkley Publishing Group; Reprint Edition, 1994.

Garth, Maureen. Moonbeam: A Book of Meditations for Children. Harpercollins Juvenile Books, 1993.

Goleman, Daniel. Emotional Intelligence. Bantam Books; Reprint Edition, 1997.

Kabat-Zinn, John, Thich Nhat Hanh and Joan Borysenki. Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. Delta; Reprint Edition, 1990.

Sarno, John E. Mind Over Back Pain: A Radically New Approach to the Diagnosis and Treatment of Back Pain. Berkley Publishing Group, 1999.

Sheedy Kurcinka, Mary. Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic. Perennial Press; Reprint Edition, 1998.

Stone Zander, Rosamund and Benjamin Zander. The Art of Possibility: Transforming Professional and Personal Life. Penguin USA, 2002.