



BE TRANSFORMED

Caring for the Body

Healthy Lifestyle Planner

Wake up and thank God for this day!

- Drink 16 oz of **water** upon awakening
- Prayer/Quiet time/Bible Study/Gratitude Journal**
- Eat a **healthy breakfast** with some protein within one hour of awakening.

Eat a **midmorning snack** with at least one veggie.

Eat **lunch** with at least two veggies.

Eat a **midafternoon snack** with some protein.

Eat **dinner** with at least two veggies.

Walk or other fun **exercise** for at least 30 minutes.

Take **nutritional supplements**.

Complete daily **water requirement**.

Sleep well! Aim for at least 8 hours.

“Let food be thy medicine and medicine be thy food.” -Hippocrates

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Caring for the Body

Dr. Cindy's Simple Food Rules

- Eat real food! If your grandmother never heard of it, don't eat it.
- Always make the healthiest choice in each situation.
- Do your best and forgive yourself quickly when you get off track.
- Avoid all or nothing thinking.
- Slow down and relax before sitting down to eat. Take time to pray and be grateful for your food.
- Take small bites, eat slowly and chew your food. Breathe!
- Eat breakfast every day. Don't skip meals (unless you are intentional fasting).
- When you're tempted to eat extra snacks, try drinking a glass of water and doing a short burst of exercise instead.
- Make a plan, write it down, refer to it often and stick to it.
- Vow to eliminate high fructose corn syrup and partially hydrogenated oils.
- Avoid the deprivation mindset. Remember WHY you are caring for your body!
- Start a green smoothie habit.
- Aim for at least five servings of non-starchy veggies per day.
- Learn to identify and overcome your emotional eating triggers. When in doubt, drink more water.
- Weigh yourself daily and make lifestyle adjustments if your weight goes out of range.
- Sit down at the table to eat. Avoid eating in the car, at your desk or while watching TV.
- Eat healthy food before going to parties. Be the person to bring a healthy dish to potlucks.
- Indulge in a treat once in a while! Eat a small serving and savor. Lose the guilt.
- Minimize sugary beverages and drinks with artificial sweeteners.
- Eat home cooked meals whenever possible.
- Use small plates.
- Don't bring junk food into your home.
- Walk after larger meals.

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Daily water requirement

A simple equation to help adults figure their fluid needs is that for every pound of body weight, you need about half an ounce of fluid intake per day. For instance, if you weigh 140 lbs., simply multiply 140 by 0.5 to estimate your daily fluid needs in ounces, then divide by eight to estimate your fluid needs in cups per day, rounding up to the nearest full cup. [example for a 140lb person: $140 \times 0.5 = 70$ ounces; 70 ounces divided by $8 = 9$ cups of fluid per day]

0.5 ounces x Body Weight in Pounds = Daily Fluid Requirement in ounces

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