Medi-Share®

Healthy Living

E-BOOK



Tips To **Transform Your Health**

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A Day in the Life of YOU!

Did you know that simply creating AWARENESS of where you are TODAY is the first step to changing your tomorrow?

For example, one study showed that people who keep a daily food log are twice as likely to lose weight as those who keep no records.

Why? Awareness of their eating habits.

Do you know what you eat in a day?

Try keeping a detailed food journal for one week!

Consider these things:

- ☐ Are you eating 5+ servings per day of vegetables & fruit?
- ☐ Limiting added sugar & processed foods?
- ☐ How is your meal spacing?
- ☐ Are you listening to your natural hunger & fullness cues? Did you over-eat?

Another study revealed that people who track their daily steps take around 2,000 more a day than those who don't.

Why? Awareness of their exercise habits.

Do you know how many steps you take in a day? Wear your new fitness watch & find out!

Consider these things:

- ☐ Wear your watch for 1 week to get a baseline average daily step count
- ☐ Aim to add 500 steps per day to your average the next week
- ☐ Gradually build up to 10,000 steps
- ☐ Join a Move Challenge from your Health Portal to add some fun!

Daily Dos: We Start at the Core!

He is before all things, and in him all things hold together. Col. 1:17

Health and fitness is not a beginning or end in and of itself, but rather serves as a single variable on the spectrum of our lifestyle, thought processes, actions, and relationship with the Lord.

With Christ at the core, study the wellness wheel, and reflect on how you are doing in each of these seven key areas of health.



1. Rate Each Triangle 1-10
2. What areas score highest? Celebrate!
3. What areas score lowest? Create a Plan!

Spiritual

- ☐ Set aside time for prayer and devotions

Nutrition

- ☐ Eat 4+ servings of vegetables & 2+ servings of fruit

Exercise

- ☐ Begin tracking your steps

Financial

- ☐ Limit impulse buys

Stress Relief

- ☐ Identify areas of stress, and begin to pray

Time

- ☐ Spend quality time with a loved one

Sleep

- ☐ Get 7-8 hours of sleep per night

4-Steps to Stay Motivated for Long-Term Success!



1. Three-Month Goal

Schedule an "event" about 3-months away. This gives you a specific 3-month target to work toward, which provides extended motivation! Locate an event that gives you enough time to prepare, but not so much time you are tempted to put off getting going with training. This could be an event you are looking forward to like a family reunion or a scheduled 5K run/walk. Put it on your calendar and sketch out a training plan to reach your 3-month goal! Repeat this process every 3 months.



2. Create A Plan

Now that you have your destination in mind, it's time to create a step-by-step process to move forward. Strategize with your Health Coach to create a detailed and practical plan. Your process goals need to be SMART goals: Specific, Measurable, Achievable, Relevant and Time-Bound.

For example, if your 3-month goal is to lose 10 pounds before the BIG DAY, then one part of your plan may be to walk every morning at 6:00am for one hour.



3. Enlist Support

Enlist supporters who can help encourage you, hold you accountable and keep you motivated. This could be a friend, family member or a Health Coach—or all three! Write your goals down and place that note where you will see it regularly. Share your goals out loud with others. Track your progress daily to evaluate how you are doing and where adjustments may need to be made.



4. Pray

When you feel discouraged or lack the motivation to continue, always bring your needs to the LORD in prayer. "Casting all your care upon Him, for He cares for you." 1 Peter 5:6 NKJV

Remember the ultimate reason we take care of our health is to honor and glorify God. We are called to be a good steward of our body—the temple of the Holy Spirit. Always ask the LORD to renew your mind and guide your decisions moment by moment, and He is faithful to answer.

7-Day Beginner Walking Plan

Prep for Success!

1. Decide what time you will walk.
2. Determine your route.
3. Wear your Medi-Share fitness watch so you can track distance and progress over time.

Monday, Wednesday, Friday

- 5-minute easy pace walk
- 10-minute brisk pace walk
- 5-minute easy pace walk
- 5-minute stretching

Tuesday, Thursday, Saturday

- 15-minute easy pace walk
- 15-minute full body strength training

Sunday

- Active rest day



Couch to 5K Planner

RACE DATE:

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 1	WALK 20-30 MIN (MINUTES)	WALK 20-30 MIN (MINUTES)	REST	WALK 20-30 MIN (MINUTES)	REST	WALK 20-30 MIN (MINUTES)	REST
WEEK 2	WALK 20-30 MIN	WALK 20-30 MIN	REST	WALK 20-30 MIN	REST	WALK 20-30 MIN	REST
WEEK 3	WALK 40-60 MIN	WALK 40-60 MIN	REST	WALK 40-60 MIN	REST	WALK 40-60 MIN	REST
WEEK 4	WALK 3 MIN JOG 1 MIN *REPEAT 7X	WALK 30 MIN	REST	WALK 3 MIN JOG 1 MIN *REPEAT 7X	REST	WALK 40-60 MIN	REST
WEEK 5	WALK 3 MIN JOG 2 MIN *REPEAT 7X	WALK 35 MIN	REST	WALK 3 MIN JOG 2 MIN *REPEAT 7X	REST	WALK 40-60 MIN	REST
WEEK 6	WALK 3 MIN JOG 3 MIN *REPEAT 7X	WALK 40 MIN	REST	WALK 3 MIN JOG 3 MIN *REPEAT 7X	REST	WALK 40-60 MIN	REST
WEEK 7	WALK 3 MIN JOG 4 MIN *REPEAT 6X	WALK 45 MIN	REST	WALK 3 MIN JOG 4 MIN *REPEAT 6X	REST	JOG 10 MIN (WALK AS NEEDED)	REST
WEEK 8	WALK 2 MIN JOG 5 MIN *REPEAT 6X	WALK 50 MIN	REST	WALK 2 MIN JOG 5 MIN *REPEAT 6X	REST	JOG 15 MIN (WALK AS NEEDED)	REST
WEEK 9	WALK 2 MIN JOG 6 MIN *REPEAT 5X	WALK 60 MIN	REST	WALK 2 MIN JOG 6 MIN *REPEAT 5X	REST	JOG 20 MIN (WALK AS NEEDED)	REST
WEEK 10	WALK 1 MIN JOG 7 MIN *REPEAT 5X	WALK 60 MIN	REST	WALK 1 MIN JOG 7 MIN *REPEAT 5X	REST	JOG 25 MIN (WALK AS NEEDED)	REST
WEEK 11	WALK 1 MIN JOG 8 MIN *REPEAT 4X	WALK 60 MIN	REST	WALK 1 MIN JOG 8 MIN *REPEAT 4X	REST	JOG 30 MIN (WALK AS NEEDED)	REST
WEEK 12	WALK 1 MIN JOG 9 MIN *REPEAT 7X	WALK 45-50 MIN	REST	JOG 20 MIN	REST	EASY WALK/JOG 10 MIN	RACE DAY!

Are You A Healthy Eater?

Did you know nutrition plays a big role in keeping your heart healthy?

You can significantly decrease you risk for heart disease by simply eating a heart healthy diet.

What exactly is included on a "heart healthy" diet though?

In brief, a diet high in fiber and plants and low in saturated fats and sodium is considered the very best plan.



Check mark the heart healthy foods you eat on a weekly basis:

- ☐ Raw, Unsalted Nuts
- ☐ Beans
- ☐ Avocado
- ☐ Apples
- ☐ Oats
- ☐ Broccoli
- ☐ Leafy Green Vegetables
- ☐ Blueberries
- ☐ Garlic
- ☐ Onions
- ☐ Salmon
- ☐ Flaxseeds
- ☐ 100% Whole Grains
- ☐ Green Tea
- ☐ Beets
- ☐ Oranges
- ☐ Dark Chocolate

ALL 17 CHECKED
Super Star Status!

10 – 16 CHECKED
You Are Off To A Great Start

5 – 9 CHECKED
What Can You Add In This Week?

0 – 4 CHECKED
There Is Plenty Of Room For Improvement

Nutrition Navigation

Make a Move Towards **Better Health**



BEST HEALTH OUTCOME

Daily Choices
Rich in plants and whole foods. Minimal animal products and processed foods.

- Nutrient Dense
- Whole Foods
- Plant Based

Ideal for Disease Reversal

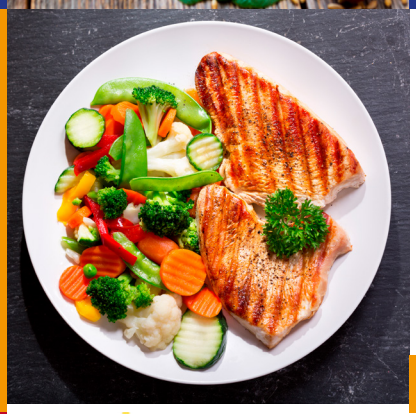


IMPROVED HEALTH OUTCOME

Daily Choices
1-3 servings of animal products. Mostly whole foods, healthy fats and oils.

- Harvard Plate
- Mediterranean
- Dash

Health Risk Reduction and Weight Loss



DECREASED HEALTH RISKS

Daily Choices
Low carbs, lean meats. Intentionally eating more vegetables.

- My Plate
- Paleo
- Whole 30
- Ketogenic

Functional Health



GREATEST HEALTH RISKS

Daily Choices
High fats, processed foods. Added sugars. Limited plant foods.

- Standard American Diet
- Western Dietary Pattern

Not Recommended

Weekly Meal Plan

B _____
L _____
D _____ SUNDAY

B _____
L _____
D _____ MONDAY

B _____
L _____
D _____ TUESDAY

B _____
L _____
D _____ WEDNESDAY

B _____
L _____
D _____ THURSDAY

B _____
L _____
D _____ FRIDAY

B _____
L _____
D _____ SATURDAY

GOALS

S _____
M _____
T _____
W _____
T _____
F _____
S _____

SNACKS

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MY GROCERY LIST

DAIRY

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PRODUCE

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MEAT

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FROZEN

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DRY GOODS

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MISC.

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Nutrient Dense Essentials: Grocery Shopping List

- [ ] **Leafy Salad Greens**
(spinach, kale, collards, or spring mix)
- [ ] **Baby Carrots**
- [ ] **Cherry Tomatoes**
- [ ] **Broccoli**
- [ ] **Cauliflower**
- [ ] **Sugar Snap Peas**
- [ ] **Celery**
- [ ] **Brussel Sprouts**
- [ ] **Beets**
Pro Tip: Look for the ready-to-eat beets in the salad section.
- [ ] **Mushrooms**
- [ ] **Onions**
- [ ] **Garlic**
- [ ] **Apples**
- [ ] **Berries**
Pro Tip: Buy frozen if out of season or if you enjoy smoothies.
- [ ] **Seasonal Fruits**
- [ ] **Avocados**
- [ ] **Bananas**
- [ ] **Sweet Potatoes**
- [ ] **Beans**
(try black beans, chickpeas, kidney beans, edamame, lentils...)
- [ ] **Frozen Veggies**
Pro Tip: Keep on hand for extra conveneience and variety.
- [ ] **Quinoa**
- [ ] **Rolled Oats**
- [ ] **Brown Rice**
- [ ] **Raw Nuts**
- [ ] **Natural Nut Butter**
- [ ] **Ground Flaxseeds, Chia Seeds, Or Hemp Seeds**
- [ ] **Dairy Free Milk or Skim Milk**
- [ ] **Tofu, Fish, and/or Very Lean Processed Meat***
- [ ] **Plain 0% Greek Yogurt**
Pro Tip: They also make non-dairy yogurts
- [ ] **Eggs**
- [ ] **Homemade Salad Dressing Ingredients (vingegar, lemon juice, olive oil, mustard)**
- [ ] **Any additional ingredients for specific recipes you have planned**

**Aim to limit meat to only 2 servings per week. Use fish, tofu, beans, eggs, and nuts as alternate protein sources.*

How to Eat Well While Traveling!



When stopping for gas, bypass all the gas station candy aisles and look for fresh fruit cups, cut veggies, raw nuts, yogurt and sparkling water instead.



Save money by not eating out every meal. Take advantage of the hotel fridge and use the coffeemaker for hot water to make oatmeal in your hotel room.



Stop at parks or rest areas frequently along your route! A fun game of Frisbee or walking your dog is a great way to stretch your legs, get your heart pumping & help prevent blood clots.



Pack a small cooler and bring along pre-portioned nuts, cut veggies, apples and blueberries, and of course plenty of cold water bottles.



Keep a food log to avoid mindless munching! This way you can make thoughtful choices and limit the amount of "vacation treats" you eat.



Take a bag of snap peas, romaine lettuce or baby carrots and eat it like "chips." It's crunchy, refreshing and high in nutrients!



Ask the sub shop to hollow out the bread and toast it. This makes much more room for veggies! A hollowed, toasted veggie sub is more portable and less expensive than a salad.



Look up food choices in the area & predetermine what you are going to order so you aren't tempted by the menu. Choose the restaurant that has the healthiest choices!

BIG CALORIE SAVING SWAPS

French Fries	Fruit Cup	Fried Chicken	Grilled Chicken
Cheese	Avocado	Cheesy Enchiladas	Fajita Salad
Hamburger	Veggie Burger	Soda	Water

Exercising on a Budget

Gym Memberships

- Be picky! Don't settle for the gyms that charge hundreds of dollars a month for memberships that include amenities you don't need or use
- Find a gym that has all of the basic equipment that you need while maintaining a low cost per month (ie some gyms offer $10/month memberships)
- Price compare a local community fitness center with local gyms (community centers tend to be cheaper and family oriented)
- Check to see if your employer has a fitness center onsite that can be utilized for free before, during, or after work
- If you are active military, a teacher, or a healthcare worker, check to see if any gyms in your area offer discounted memberships

Don't settle for the first gym membership that you research! There are affordable options out there, so be sure to do your homework to find the best fit for your budget!

Family Activities for FREE!

- Engaging your family in physical activity is a great benefit to your health journey
- Go on bike rides in your neighborhood or local trails
- Walk to your local park (maybe perform a few pull ups on the monkey bars)
- Play tag in the backyard (whoever loses has to do 10 situps)
- If you live near a public beach, spend a day swimming and jumping over waves
- Go on walks around block to get some steps in (if poor weather head to a local supermarket or mall to do some laps)

Did you know that you can save money on daycare or babysitters by including your family members in your workouts and daily movement? Make moving a fun activity that you can all do together!

Exercising on a Budget

- Utilize the space you have and transform your garage or spare room into a small workout area
- Buy multi-use equipment if your budget allows:
  - Resistance Bands
  - Dumbbells
  - Jump Rope
  - Step
  - Exercise Ball
- Shop second-hand stores or local online postings to find lightly used fitness equipment at a fraction of the cost
- Incorporate body weight exercises that do not require special equipment to perform such as squats, lunges, pushups, and planks
- Find workout videos that can be done at home and don't require any special equipment or large amounts of space
- Search for social media posts containing inspirational at-home workouts
- Go outside! The outdoors are an incredible resource due to the unlimited possibilities for aerobic activity and bodyweight strength exercises
- Get creative! Grab household items such as milk jugs, soup cans, or even your children to use as weights
- Sign up for a fun sports league with some friends in your area (ie volleyball, kickball, ultimate Frisbee, basketball, etc)
- Find some stairs outdoors and do laps up and down
- Bike for transportation to save money on gas and get some exercise in!

Did you know that you don't need fancy equipment to perform great workouts? Just get moving in ways that challenge your body and requires your muscles to work and recover!



Eating Healthy on a Budget

Eating Healthy on a Budget Grocery List

- Produce for Pennies
- Anything on sale or in season
- Bananas
- Large bag of apples or oranges
- Whole head of lettuce or other salad greens
- 5 lb bag whole carrots
- Whole celery stalks
- 5 lb bag of potatoes
- Onions, peppers, squash, and potatoes give you a lot nutrition for a low price
- Large bags of frozen fruits or vegetables with no additives

Produce Buying Tips

Buy what's in season

- Watch for sales! Check various grocery store ads to find the best prices.
- Plan your main meals for the week based on what is on sale. Making a detailed meal plan before you go shopping saves money and reduces food waste!
- Let your grocery list be your guide on what you need to buy for that week's meals.
- Large frozen bags are often cheaper and just as healthy, plus they last longer.
- Pre-cut, pre-washed, and pre-bagged is more expensive, so buy it whole and prep it yourself.
- Eating more fruits and vegetables is more important than whether they are organic or not—nutritionally there is no significant benefit to buying organic.
- Grow your own garden if possible!
- If you notice your produce is about to go bad before you can eat it, then freeze it if possible. Peeled bananas, sliced peaches, berries, peeled avocados, broccoli florets, and baby spinach freeze well.

Did you know that an estimated 40% of food is wasted in the U.S. each year?



Eating Healthy on a Budget

Pantry Staples

- Dried beans and lentils
- Bags of whole grain rice, quinoa, or barley
- Bags of whole grain pasta
- Whole oats in bulk
- Bags of whole nuts in bulk
- Large jar of natural peanut butter
- Baking items for specific recipes
- Cans of fish (tuna, salmon, sardines, anchovies) in water
- Cans of tomato sauce
- Cans of vegetables (stock up when you see a sale!)

Pantry Buying Tips

- Beans and lentils are an excellent protein source, and much cheaper than meat. They can be used in place of meat entirely or mixed in with meat to extend it. Try adding black beans to taco meat, cannellini beans into pasta sauce, or red beans into chili. Homemade bean burgers are also a great idea!
- Avoid ultra-processed foods! These foods are low in nutrients and high in price. The most common ultra-processed foods are breads, soft drinks, sweetened beverages, dessert (cakes, cookies, etc.), pre-packaged snacks, frozen and shelf-stable meals, pizza, and breakfast cereal. These foods may appear inexpensive, but relative to their nutritional content, they are a poor use of funds and they end up displacing other more healthy food options.

Did you know that a recent national survey showed a whopping 58% of calorie intake in the average American's diet is from ultra-processed foods?

Eating Healthy on a Budget

Protein on Budget

- Eggs
- Tofu
- Frozen edamame beans
- Plain yogurt in a 32-oz tub
- Low fat cottage cheese in a 32-oz tub
- Cheese block (versus pre-shredded or pre-sliced)
- Look for WIC labeled milk, almond milk, or opt for dried milk
- Frozen seafood without additives
- Avoid nutrient-poor processed meats like bacon, sausage, hot dogs, and deli meats.

Meat Buying Tips

- Meat is often the most expensive item on a grocery list, so consider planning more meatless meals by using beans, lentils, tofu, quinoa, eggs, peanut butter and nuts for protein.
- Look for sale items. When healthy meats are on sale, buy extra and freeze for later.
- Purchase whole chickens, whole turkeys, or a chuck roast versus smaller cuts of meat or processed meats. Cook and then freeze in small portions for future meals.
- Look for direct from farm purchase options in your area.
- Watch expiration dates and freeze what you cannot use in time.
- Avoid nutrient-poor processed meats like bacon, sausage, hot dogs, and deli meats.

Remember to plan your meals for the week as best you can before grocery shopping. This is the best way to ensure you buy only what you need and you buy enough food for the week. Planning ahead also prevents despairing trips to a Fast Food restaurant due to lack of main meal ingredients!