



# 8 Basic Things Every Healthy Person Does

Total Health by Elizabeth

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## In Case We Haven't Met Yet

There is so much confusing information out there! It's no wonder that everyone's confused. Is kale good for me? Or is it going to give me cancer this week?

I am Elizabeth Sherman, and I'm an Executive Health Coach. I work together with my clients to create a no-nonsense, customized plan that is right for them, and their lifestyle.

No scare tactics or myths. Just easy to use information that cuts through all the crap & is based on 12 years of working with clients just like you.

I understand what its like to sift through all the information out there; because when I started on my own journey to be healthy, I was just as lost and unsure as you.

Health shouldn't be difficult. Deciding what to eat for dinner shouldn't bring about fear: "Am I making the right choice?"

There was a period of time in my life where I was a vegetarian. I loved it because when I went out to dinner, I only had to choose from 1-3 items on a menu. I got stuck in overwhelm.

Overwhelm is easy to do in our pursuit for health too. We see that someone else lost weight doing the latest eating technique, and then we hear about someone else who feels great after starting the newest fitness craze.

It's easy to think we should be doing all of those things too!

There are so many choices these days that sometimes we get caught up in the weeds - we get overwhelmed with decisions "should I do this or that?" where it becomes paralyzing & often, we end up not doing anything!

So often we move on to the advanced techniques before mastering the basics. I just want you to know that if you are consistently doing each of these 8 basic things daily, **you are doing great!**

### HOW TO USE THIS GUIDE:

1. **Use these 8 Basics as a Guideline:** Which basics are easy for you? Which ones do you struggle with?
2. Attached to the end of this document is a daily checklist. For the next week observe your habits.
3. [Schedule a Free Strategy Call](#) if you find that you need help getting your habits under control or you're still not getting the results that you are seeking.

I hope you enjoy this guide & discovering how good you can look and feel just by following the basics! I can't wait to hear how well you're feeling!

# 8 Basic Things Every Healthy Person Does

## 1. Drink Water

You've heard that we need to drink 8 glasses of water a day. Can you include coffee or sparkling water in with that? Or can it only be flat, natural, spring water?

Our bodies are 60% water. So, replenishing our cells will help our bodily functions stay efficient. Folks who are successful at maintaining their weight also know the power of water as dehydration can mask itself as hunger.

You'll know that you're drinking enough water if your urine is pale-yellow, or almost clear. The darker your urine color, the more concentrated it is, and therefore the more dehydrated you are.

**Tip:** Use your urine color to determine if you're getting enough water. You want it to be pale-yellow, or almost clear.

## 2. Eat Something Green Once in a While

When was the last time you ate something green? No, not guacamole, or the mint that was in your mojito – a green vegetable that is the size of your fist?

Sure - your diet should be enjoyable, but research continues to show that folks who eat a plant-based diet are healthier & have lower body mass indexes. Veggies are so good for you, giving you the vitamins and minerals that your body needs to stay healthy. Plus, when we eat a lot of veggies, we don't save room for the 'sometimes treats' – like cookies, bread, or chips!

A plant-based diet should consist of mostly plants:

- Vegetables that grow above ground – eat as many as possible
- Vegetables that grow below ground, squashes, and beans – limit to 1 serving per meal (maybe less)
- Fruit – less sweet fruits are better, and try to limit fruit to 1 serving for every 3-5 servings of veggies that grow above ground.



**Tip:** Aim to eat 3-5 servings of above ground vegetables per day

## 3. Eat Enough Protein

They say that a portion of protein is 4 oz. But is that same rule true for a 120lb woman as it is for a 250 lb man? And what constitutes a protein in the first place?

There's a lot of confusion about what constitutes protein – nut butters, dairy & cheese, and beans? Or animal proteins.

The answer is, that food isn't that black & white. Without getting too sciency, all foods that we eat are a mixture of proteins, fats and carbohydrates; some just have more of one category than another.

Animal proteins that are low in fat tend to be the highest sources of protein without including a lot of fat or starch in your serving.

Use your palm as a guide for how large your serving size should be. Measure your protein against the size of your hand to make sure that you're getting enough, and not too much protein in your diet.

**Tip:** Aim for 1-2 palm-sized servings of protein at each meal.

## 4. Move Daily

There are two types of activity: movement and exercise. Both are important; however they do different things. While exercising is important for increasing muscular strength, bone density, or cardio fitness, moving – and not sitting – is best for overall health. Minimize sitting and move as much as you can. Moving alleviates stress, anxiety, and can also help with weight management.



But keep in mind that while moving as much as you can is good, the same principles do not apply to cardiovascular and strength training types of exercise. While some is good, more is not necessarily better.

Movement:

- Walking
- Gardening
- Shopping
- Yoga/stretching

Exercise:

- Running
- Class at the gym
- Strength training with weights

**Tip:** Aim for 30 minutes of intentional exercise daily

## 5. Get Enough Sleep for Your Body

Everyone's sleep needs are different. And they change as we age. Where a teenager needs 8-10 hours of sleep each night to help the body's growing needs, seniors sleep needs become less and less.

Getting proper sleep is the cornerstone to all other health. Without proper sleep, our cells don't function properly, which is why you crave 'bad stuff' after a night of poor sleep, nor does our brain function properly, which is why problems seem to go awry when we're tired.

There are a few things that can sabotage our sleep efforts:

- Our sleep environment - having a sleeping space free of clutter and at the proper temperature
- Our sleep routine - those things that we do immediately before bed will either aid or hinder a good night's sleep
- Our diet - the foods we eat and when we eat them have a HUGE impact on our quality of sleep: whether we will achieve deep sleep, or wake in the middle of the night
- Stress - our brain has a way of magnifying the severity of our problems at 2:00 am.

But how much sleep do you need?

**Tip:** If you're falling asleep within 2 minutes or waking and not feeling rested, you're probably sleep deprived.

## 6. Manage your Stress

We can't avoid stress. And I don't think that we'd want to. There's a balance of stress that will allow us to be productive, but still keep our sanity. Good stress management techniques are especially important.

Good stress management techniques include:

- taking 5 breaths to calm down before responding
- being active, exercising, or taking a walk
- calling a friend to talk about the source of stress
- listening to music to calm down

Poor stress management techniques include:

- drinking alcohol to deal with the issue
- eating as a coping mechanism
- crawling under the covers and not coming out for days

**Tip:** Spend time each day managing your stress as needed. Notice how stress feels in your body; take a few deep breaths when you notice stress is high.



## 7. Eat Just Enough – Not too much

Eating when hungry and stopping when satisfied is something that nearly all mammals are programmed to do from birth. Yet, as westerners we tend to “unlearn” this and only stop eating when we are “full.”

I don't know about you, but I can still eat a lot of food even after I'm not hungry anymore.

Learning to tune in to your hunger signals can be tricky, but we know that we're eating enough when we aren't hungry again for about 3-4 hours after our last meal.

**Tip:** Eat enough at each meal so that you're satisfied. You know you could eat more but will be okay if you don't. You should eat enough so that you're hungry at your next meal, 3-4 hours later.

## 8. Limit your Treats

There are folks who preach “food is fuel” – and as much as they're right, they're totally wrong. Food is meant to be fun, enjoyed, shared, and add to our social experiences.

But treats can certainly get out of hand for some folks. Treats would be things like:

- alcohol
- sweets (sugar, not fruit)
- fats (cheese, avocado, nut-butters, nuts)
- fried foods

**Tip:** Learn to be discerning. Aim for 10%-20% of your daily calories to come from treats.

# 8 BASIC THINGS DAILY CHECKLIST

Use this checklist to see how you're doing over the next week. Remember that we're going for consistency. Just like one good day isn't going to make you a health superstar, one bad day isn't going to ruin your future. We're just looking to see how you're doing on a regular week.

Use the note field each day to make any notes you need to remind you of what was happening that day, or just to cheer yourself on. 😊

**Day 1:** \_\_\_\_\_ **# of Basics:** \_\_\_\_\_

- Is my urine a pale-yellow color?
- Did I eat 3-5 servings of vegetables?
- Did I eat 3-4 palm-sized servings of protein?
- Did I move intentionally for at least 30 minutes today?
- Did I get enough sleep?
- Did I bite anyone's head off today? (we want this to be 'no')
- Was I ever over-full today? Was I ever super-hungry? (we want this to be 'no')
- Did I limit my treats to 1-2 servings?

Notes: \_\_\_\_\_  
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**Day 2:** \_\_\_\_\_ **# of Basics:** \_\_\_\_\_

- Is my urine a pale-yellow color?
- Did I eat 3-5 servings of vegetables?
- Did I eat 3-4 palm-sized servings of protein?
- Did I move intentionally for at least 30 minutes today?
- Did I get enough sleep?
- Did I want to kill anyone today? (we want this to be 'no')
- Was I ever over-full today? Was I ever super-hungry? (we want this to be 'no')
- Did I limit my treats to 1-2 servings?

Notes: \_\_\_\_\_  
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**Day 3:** \_\_\_\_\_ **# of Basics:** \_\_\_\_\_

- Is my urine a pale-yellow color?
- Did I eat 3-5 servings of vegetables?
- Did I eat 3-4 palm-sized servings of protein?
- Did I move intentionally for at least 30 minutes today?
- Did I get enough sleep?
- Did I scream at anyone today? (we want this to be 'no')
- Was I ever over-full today? Was I ever super-hungry? (we want this to be 'no')
- Did I limit my treats to 1-2 servings?

Notes: \_\_\_\_\_  
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**Day 4:** \_\_\_\_\_ **# of Basics:** \_\_\_\_\_

- Is my urine a pale-yellow color?
- Did I eat 3-5 servings of vegetables?
- Did I eat 3-4 palm-sized servings of protein?
- Did I move intentionally for at least 30 minutes today?
- Did I get enough sleep?
- Did anyone tell me that I should take a time-out today? (we want this to be 'no')
- Was I ever over-full today? Was I ever super-hungry? (we want this to be 'no')
- Did I limit my treats to 1-2 servings?

Notes: \_\_\_\_\_  
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**Day 5:** \_\_\_\_\_ **# of Basics:** \_\_\_\_\_

- Is my urine a pale-yellow color?
- Did I eat 3-5 servings of vegetables?
- Did I eat 3-4 palm-sized servings of protein?
- Did I move intentionally for at least 30 minutes today?
- Did I get enough sleep?
- Did I unnecessarily over-react to someone today? (we want this to be 'no')
- Was I ever over-full today? Was I ever super-hungry? (we want this to be 'no')
- Did I limit my treats to 1-2 servings?

Notes: \_\_\_\_\_  
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**Day 6:** \_\_\_\_\_ **# of Basics:** \_\_\_\_\_

- Is my urine a pale-yellow color?
- Did I eat 3-5 servings of vegetables?
- Did I eat 3-4 palm-sized servings of protein?
- Did I move intentionally for at least 30 minutes today?
- Did I get enough sleep?
- Did I freak out at all today? (we want this to be 'no')
- Was I ever over-full today? Was I ever super-hungry? (we want this to be 'no')
- Did I limit my treats to 1-2 servings?

Notes: \_\_\_\_\_  
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**Day 7:** \_\_\_\_\_ **# of Basics:** \_\_\_\_\_

- Is my urine a pale-yellow color?
- Did I eat 3-5 servings of vegetables?
- Did I eat 3-4 palm-sized servings of protein?
- Did I move intentionally for at least 30 minutes today?
- Did I get enough sleep?
- Was I able to keep it all together today? (we want this to be 'yes')
- Was I ever over-full today? Was I ever super-hungry? (we want this to be 'no')
- Did I limit my treats to 1-2 servings?

Notes: \_\_\_\_\_  
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