



8 Basic Habits Healthy People Do

Guide & Checklist



In Case We Haven't Met Yet

Let's get real:

Health advice can be a circus of confusion. One minute, kale is a superfood, and the next minute, someone claims it's villainous.

Sound familiar?

Hey there! I'm Elizabeth Sherman!

I'm not just another voice in the health advice chaos. With my 17 years as a Master Certified Life and Health Coach for Women in Midlife, I've figured out what actually moves the needle. What actually helps you feel good in your skin, every single day.

What's in This Guide for You?

If you stick to the basics I've outlined here—eight of them, to be precise—you'll be rocking a healthier life than you'd believe possible. No magic pills. No impossible standards. Just solid, everyday practices that make a world of difference. You'll even find strategies specifically geared toward navigating those hormonal shifts unique to midlife.

Cut the Fluff, Keep the Good Stuff

Enough with the overload of conflicting information! This guide is your shortcut to health info that's useful, doable, and sustainable. No scare tactics. Just real-world advice from 17 years of helping women like you.

Feeling Overwhelmed? You're Not Alone

We've all been there, scrolling through social media, seeing a friend swear by the latest diet fad or workout craze. But don't get sucked into the hype. The basics work. And they're all you really need.

How to Use This Guide

1. Take a look at the 8 Basics. What's already a cinch for you? What feels like a stretch?
2. At the end of this guide, you'll find a daily checklist. Keep tabs on yourself for a week. No judgment—just awareness.
3. If you're thinking, "I could use a bit more guidance," don't hesitate. [Schedule a Consult Call](#). I've got your back.

Here's to Your New Journey

Jump in, and discover how good you can look and feel with just a few simple changes. I'm thrilled for you and can't wait to hear how these basic habits are transforming your life for the better!

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: _____

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: _____

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: _____

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: _____

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: _____

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: _____

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: _____

