



# 8 Basic Habits Healthy People Do

Guide & Checklist



## Welcome to the 8 Basic Habits for a Healthier, Happier Future

Hi there, and welcome!

I'm Elizabeth Sherman, and I'm so glad you're here. Over the past 17 years, I've worked with countless women in midlife who've felt stuck, overwhelmed, or frustrated with their health. They've tried every diet, read every book, and followed every trend, but they're still searching for something that truly works.

That's why I created this guide.

The 8 Basic Habits you'll find here are the foundation of my coaching approach, and they've helped women just like you reclaim their health and confidence. These habits are simple, sustainable, and powerful. If you commit to practicing them consistently, you'll not only be healthier than most people you know, but you'll also discover a freedom from dieting that you didn't think was possible.

This guide isn't about quick fixes or impossible rules. It's about giving you the tools to take control of your health in a way that feels good and makes sense for your life.

Because here's the truth: being healthy doesn't have to mean being perfect. You don't need to follow the latest diet fad or spend hours in the gym. Instead, it's about learning how to listen to your body, take care of yourself, and create habits that support your well-being—day in and day out.

These 8 habits are a great place to start. Each one builds on the others to create a solid foundation for vibrant health. Whether you're just beginning your journey or looking to refine what's already working, this guide will give you practical tips and strategies to make lasting change.

I'm so excited for you to dive in. Let's get started—and let's make this the moment where you stop dieting and start living.

Warmly,

**Elizabeth Sherman**

Master Certified Life and Health Coach

Host of *The Total Health in Midlife Podcast*

# 8 Basic Habits Healthy People Do

## 1. Drink Water

### Why It Matters

Did you know that your body is about 60% water? Staying hydrated helps every part of your body function smoothly, from your brain to your digestion. Plus, dehydration can sometimes trick you into thinking you're hungry, leading to unnecessary snacking. Drinking enough water not only keeps you feeling great but also supports better weight management and energy levels.

### How to Make It Happen

- **Set a Goal:** Aim for about 8 glasses (64 ounces) of water daily, but adjust depending on your activity level and climate.
- **Use Visual Cues:** A refillable water bottle with time markers can help you keep track of your intake throughout the day.
- **Flavor It:** If plain water isn't your thing, try adding slices of lemon, cucumber, or even a handful of fresh mint for a refreshing twist.

### Quick Tip:

Check the color of your urine. Pale yellow or nearly clear? You're hydrated. Dark yellow? Time to sip more water.

## 2. Eat Something Green Once in a While

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### Roasted Veggie Medley Recipe:

#### Ingredients

- 2 cups broccoli florets
- 2 cups Brussels sprouts (halved)
- 1 large zucchini (sliced into half-moons)
- 1 red onion (cut into wedges)
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried Italian seasoning
- Salt and pepper to taste

#### Instructions

1. Preheat your oven to 400 °F (200 °C).
2. Toss the vegetables with olive oil, garlic powder, Italian seasoning, salt, and pepper in a large bowl.
3. Spread in a single layer on a baking sheet.
4. Roast for 20-25 minutes, flipping halfway through, until tender and slightly browned.
5. Serve as a side dish or on top of your favorite grain for a quick, nutritious meal.

### 3. Eat Enough Protein

#### Why It Matters

As we age, especially in midlife, protein becomes a non-negotiable part of staying strong and vibrant. Why? Protein helps preserve muscle mass, which naturally declines as we get older. Less muscle means a slower metabolism, weaker bones, and less energy—and who wants that?

Eating enough protein also keeps your blood sugar stable, helping to prevent those mid-afternoon energy crashes and “hangry” moments that can lead to overeating. Plus, it keeps you feeling fuller longer, making it easier to manage your weight without feeling deprived.

#### How to Make It Happen

- **Aim for Balance:** Include 1-2 palm-sized servings of protein at every meal. This simple visual cue helps you stay on track without overthinking it.
- **Choose Quality Sources:** Focus on lean animal proteins like chicken, turkey, fish, eggs, and low-fat dairy.
- **Batch Cook for Convenience:** Prepare a week’s worth of protein options—like grilled chicken or boiled eggs—so you always have something ready to go.

#### Quick Tip:

Pair your protein with non-starchy vegetables to create a meal that satisfies your body and taste buds. Think grilled salmon with roasted broccoli or scrambled eggs with spinach.

#### What About Plant-Based Proteins?

While plant-based proteins like beans and quinoa can be part of a healthy diet, they often come with extra carbs that don’t align with the protein needs of many midlife women. If you’re not vegan or vegetarian, animal-based proteins provide a more efficient way to get the nutrients your body craves.



#### Case Study: Protein Changes Everything

When I ask clients to prioritize protein, they’re often surprised by how quickly things shift. By simply adding protein to their meals, women notice:

- Weight loss without feeling deprived.
- A reduction in cravings for sugary or processed foods.
- Steady energy levels throughout the day.

One client said, “I thought I was eating healthy, but I never realized how much better I’d feel with more protein in my diet!”



## 4. Move Daily

### Why It Matters

Movement is more than just exercise; it's about keeping your body active and engaged throughout the day. For midlife women, daily movement helps maintain joint health, improve circulation, and even reduce stress. Exercise, on the other hand, builds muscle, strengthens bones, and supports cardiovascular health—all essential as we age.

Here's the key: the more you move, the more energy you'll have. Plus, staying active helps prevent long periods of sitting, which can lead to stiff joints, poor posture, and even weight gain.

### How to Make It Happen

- **Incorporate Movement:** Find opportunities to move more during the day. Walk while on a phone call, park farther away, or take the stairs instead of the elevator.
- **Make Exercise Fun:** Find activities you enjoy, whether it's yoga, dancing, or a brisk walk in the park. You're more likely to stick with it if it feels rewarding.
- **Set a Goal:** Aim for 30 minutes of intentional exercise daily, whether it's strength training, a gym class, or a jog.

### Quick Tip:

Break it up if you're short on time. Three 10-minute sessions can be just as effective as one 30-minute workout—and sometimes easier to fit into your day.

## 5. Get Enough Sleep for Your Body

### Why It Matters

Sleep is the foundation of everything. Without it, your body struggles to repair itself, your brain doesn't function at full capacity, and your mood and energy levels take a nosedive. For women in midlife, good sleep becomes even more essential as it helps regulate hormones, maintain a healthy weight, and reduce the risk of chronic conditions.

But let's be real—getting quality sleep can feel elusive. Hormonal changes, busy schedules, and even late-night scrolling can sabotage your rest. The good news? A few simple changes can make a world of difference.



### How to Make It Happen

- **Prepare Your Brain:** Before bed, spend 5-10 minutes reviewing your schedule for the next day. Write down a to-do list or do a "thought download" to clear your mind. This practice helps your brain "offload" tasks so it can relax instead of waking you at 3 a.m. with reminders.
- **Optimize Your Hydration:** If you're waking up in the middle of the night to use the bathroom, try tapering your water intake after dinner. This small tweak can make a big impact on restful sleep.
- **Create a Sleep-Friendly Space:** Keep your bedroom cool, dark, and clutter-free. Invest in blackout curtains or a white noise machine if needed.
- **Set a Wind-Down Routine:** Turn off screens at least an hour before bed, and do something calming, like reading or stretching, to signal to your body that it's time to rest.

### Quick Tip:

Aim for 7-8 hours of sleep, but listen to your body. If you're falling asleep as soon as your head hits the pillow or waking up unrefreshed, you may need more rest.

## 6. Manage your Stress

### Why It Matters

Stress is part of life—but how you handle it makes all the difference. In midlife, stress can feel amplified by hormonal changes, caregiving roles, or juggling work and family responsibilities. Chronic stress doesn't just wear you out emotionally—it can also impact your health by disrupting sleep, increasing cravings, and even contributing to weight gain.

Managing stress doesn't mean eliminating it entirely (that's impossible). Instead, it's about finding healthy ways to respond so it doesn't take over your life.

### How to Make It Happen

- **Pause and Breathe:** When stress hits, take five slow, deep breaths. This simple technique can calm your nervous system in moments.
- **Move Your Body:** Physical activity—like a quick walk or some stretching—can release tension and help clear your mind.
- **Talk It Out:** Call a trusted friend or loved one to share what's on your mind. Sometimes, just saying it out loud helps.
- **Daily Check-In:** Take a moment each day to notice where stress shows up in your body. Is it tight shoulders? A clenched jaw? Awareness is the first step to managing it.
- **Avoid Unhealthy Coping Mechanisms:** Steer clear of numbing stress with alcohol, overeating, or avoidance. While they may feel good in the moment, they often make things worse in the long run.

### Quick Tip:

Build small stress-management habits into your day—like taking a 5-minute stretch break or listening to calming music during your commute. Little moments of relief add up over time.

## 7. Eat Just Enough – Not Too Much

### Why It Matters

Eating just enough—stopping when you're satisfied, not stuffed—is a game-changer for your health. It's about tuning into your body's natural signals and breaking free from the habit of overeating. This balance helps you maintain a healthy weight, stabilize your energy levels, and avoid the discomfort of feeling overly full.

For women in midlife, learning to eat just enough is even more important. Hormonal changes can alter hunger cues, making it harder to stop eating at the right time. Mastering this habit isn't about perfection—it's about practicing awareness and using strategies to support mindful eating.

### How to Make It Happen

- **Pause Before Eating:** Take a moment to assess your hunger. Are you physically hungry, or is something else—like boredom or stress—driving your appetite?
- **Slow Down:** Eating slowly gives your body time to signal when it's satisfied. Put your fork down between bites, or try using smaller utensils to pace yourself.
- **Use a Smaller Plate:** This simple trick can help you serve reasonable portions and avoid overeating.
- **Avoid Multitasking:** Sit down and focus on your meal instead of eating in front of the TV or at your desk. Being present helps you notice when you're satisfied.
- **Practice the "Check-In":** About halfway through your meal, pause and ask yourself, "Am I still hungry, or am I satisfied?" This practice can help you stop before you overeat.

### Quick Tip:

You'll know you've eaten enough if you're comfortably satisfied and stay full for about 3-4 hours before your next meal.



### Case Study: Chris – “One Habit, One Transformation”

Chris and I had been working together for *just three months*, when she lost 30 pounds—not through a strict diet or grueling exercise plan, but by mastering **Habit #7: Eat Just Enough - Not Too Much**.

By learning to tune into her hunger and fullness cues, Chris not only shed weight but also drastically improved her sleep, reduced her cravings, and gained energy she hadn't felt in years.

This is the beauty of focusing on one habit at a time—it can change everything.

## 8. Limit your Treats

### Why It Matters

Let's face it—treats like desserts, alcohol, or fried foods can be one of life's little pleasures. But too much of a good thing can throw your health off balance. Overindulging in treats, especially late at night, can cause blood sugar spikes and crashes, leading to restless sleep, hot flashes, or night sweats. These disruptions not only affect your mood and energy but also make it harder to exercise and stay on track the next day.

The goal here isn't to eliminate treats completely—it's about enjoying them mindfully and in moderation so they don't sabotage your progress.

### How to Make It Happen

- **Set a Limit:** Aim for treats to make up no more than 10-20% of your daily calories. This allows for indulgence without overdoing it.
- **Be Strategic:** Enjoy treats earlier in the day, rather than late at night, to avoid blood sugar issues and poor sleep.
- **Upgrade Your Favorites:** Swap heavy desserts for lighter options, like a piece of dark chocolate or Greek yogurt with berries.
- **Plan Ahead:** Choose when and where to enjoy treats rather than grabbing whatever's convenient. A planned indulgence feels more satisfying and prevents guilt.
- **Drink Wisely:** If alcohol is your treat, limit it to 1-2 servings per week and pair it with protein or healthy fats to minimize its impact on blood sugar.

### Quick Tip:

If you're craving something sweet late at night, try a warm cup of herbal tea or a small handful of nuts instead. They can satisfy the craving without disrupting your sleep.



## 8 BASIC HABITS 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 either. 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: \_\_\_\_\_

## Now That You Know the Habits—Are You Doing Them?

### *You're Not Failing—It's Just Hard to Go It Alone*

You've just learned the 8 Basic Habits that are the foundation of better health. They're simple. They're not complicated. But here's the real question:

#### *Are you actually doing them?*

Life gets busy. Between work, family, and the endless demands on your time, it's easy to let your own health slip to the bottom of the list. Even with the best intentions, things like stress, cravings, or exhaustion can derail your efforts.

**Here's the truth:** you're not failing, and it's not because you're lazy or unmotivated. It's because going it alone is hard. And that's where I can help.

The ["I Know What to Do, I'm Just Not Doing It" Strategy Call](#) is designed to bridge the gap between what you know and what you do. This isn't about piling on guilt or more "shoulds." It's about uncovering what's really standing in your way and giving you the tools, support, and personalized strategies to finally take control of your health.

### What You'll Get from Our Time Together

This is your chance to stop spinning your wheels and start seeing real progress. Together, we'll:

#### 1. Uncover What's Holding You Back

We'll dig into the real challenges that might be standing in your way. Are you struggling with low energy that makes it hard to even think about exercise? Waking up tired because your sleep isn't restful? Feeling disconnected from your body, like it's changed overnight, and you don't recognize it anymore? Maybe it's those late-night cravings or stress-fueled snacking that throw off your progress.

Whatever it is, we'll pinpoint what's going on and create strategies to address it—so you can finally break free from the patterns that are keeping you stuck.

#### 2. Build Your Personalized Action Plan

No generic advice here. You'll walk away with a clear, tailored plan that fits seamlessly into your life. From practical tips for better sleep to simple meal tweaks and strategies for movement, everything will be customized to support you.

#### 3. Find Freedom to Focus on Your Health

Imagine how it would feel to finally have the time, energy, and tools to prioritize your well-being without guilt or overwhelm. This call is your opportunity to create that reality.

#### 4. Turn Your Health Fantasies Into Goals

Whether you dream of waking up feeling energized, traveling with ease, playing with your grandkids, or just feeling confident in your own skin, we'll connect the dots between your habits and your health goals—and map out a path to get there.

### Why This Call Works

You already have the knowledge. Now, let's clear the obstacles.

This call isn't about adding more to your plate or expecting perfection. It's about understanding your life—your unique challenges, responsibilities, and dreams—and working together to create a plan that works for you.

As a coach who's helped women in midlife for nearly 20 years, I understand that **health isn't just about food or exercise**. It's about how you manage stress, how you feel about yourself, and how you create time and space to care for your needs.

### Take the First Step

It's time to stop waiting for "someday" and start taking action today. Book your ["I Know What to Do, I'm Just Not Doing It" Strategy Call now](#), and let's turn your good intentions into real, lasting results.