

LIVE HEALTHIER

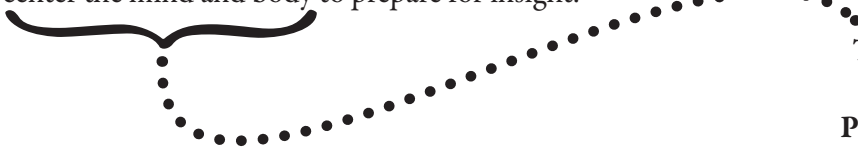
Welcome. Thank you for downloading this exercise. Here we are taking on what many people are hoping for as a positive health outcome ... looking better and feeling better.

Health and wellness begins from the inside out. To maintain a status of well-being, you must cultivate a mental attitude of what beauty means to you both emotionally and physically. However, this doesn't mean that you can't work on your inner beauty and outer beauty at the same time. On the contrary, both are important to pay attention to as you work to bring them into alignment with each other.

Here is an exercise to try to get you started.

HEALTHY FROM THE INSIDE OUT

First, center the mind and body to prepare for insight.



To do this, find a quiet place to sit quietly for a few moments without interruption. Preferably, some place where you can write.

Be sure to take a few sheets of blank paper or a journal and a pen.

••••• Now you're ready to begin:

Close your eyes and relax.

Breathe deeply two or three times, feeling your breath fill your chest completely and push into your abdomen.

Hold it for two seconds and slowly let it out through the nostrils.

Feel your body relax and tension fall away.

After the third exhalation, just sit quietly.

Notice the thoughts entering your mind. Don't analyze them, just become aware of them.

Do these processes for 5 minutes then open your eyes.

••••• Pick up your pen and answer the following questions. There are no right or wrong answers, only one rule: "Don't think too long or hard. Put down the first and surest thing that comes to mind."

1 What are the characteristics of an ideal healthy person?

2 How does s/he think about herself?

3 What does he look like physically?

4 What does she do on a daily basis to maintain health?

5 What kinds of support does he have to help him maintain a healthy lifestyle?

•••••••••• Once you have your answers to those questions, now ask yourself:

"In what ways do I match my ideal healthy person characteristics?"

Your response to this question will help determine the areas to which you give yourself credit and maintain, and the areas in which you will want to focus your efforts.

If your focus area is weight loss, but you don't have a clue on how to get started, and you're asking yourself, **how much should I weigh, what are the calories to lose weight, or what diet plans do I follow,** there are tools to help you find your answers, such as the Body Mass Index calculator, or weight chart.

These are just some of the tools your Health and Wellness Coach may use to help provide a target for your desired goals.

