



CHECKLIST TO GET STARTED



EXERCISE

“I will find ways to have 30 minutes of exercise every day”

When I say exercise, I mean an activity that involves changing into workout clothes and a clear time to complete it. If your Apple watch tells you that you are getting 30 minutes of exercise without this, it's just giving you credit for your activities of daily living. You must commit to the process of putting your mind and your body in the workout mode for at least 30 minutes.



Drinking Water

"I will try to drink more water every day."

I started this by drinking two large SMART water bottles, which is 66 ounces a day. Commit to at least that amount. Now I drink at least 120 oz a day!

<This is on top of any other liquids you drink.>

Important to try and avoid fruit drinks and soda.

I am a big fan of iced tea (no sugar) with lemon and Nuun tablets with plain seltzer.

Water suppresses the regular urges to eat and consequently helps you lose some weight. It also keeps the body hydrated, which is ideal for nutrients' release to the body.



FOOD

“I will start reading food labels and paying attention to portion sizes. ”

You have to take the guess work out of your meal plan. If it means eating the same breakfast and lunch each day to stay on track in the beginning like I did, I support that. Eat a balanced diet and ensure you consume plenty of fruits and vegetables and minimize most starch products. Avoid processed foods like cookies, crackers and chips.

Once you recognize the proper portions and reset your expectations on what you “should” eat this becomes a lifestyle.

When you clean up your diet and are eating the proper portions, you will be able to add back in a few of the foods you will be avoiding in the beginning.



REST

“zzzz’s.”

As we age, a good night sleep is tougher to achieve. Our minds are busier, and we have more aches and pains that love to show up the minute we lay down. If you get a routine, it’s easier to fall asleep.

Avoid screens one hour prior to bedtime, lower the thermostat in the house, block any unneeded light and start some white noise. Make sure that you are giving your body the proper time for recovery.

Just like with your meals and exercise plan, consistency in your sleep routine is key to your success.



BLISS

Avoid negativity in your what you say and who you engage with. Instagram and Facebook should be sources of inspiration and not a time suck that diminishes your joy.

Be informed, but not obsessed with the global issues. It is hard to avoid stress when reading the news but limit your check ins on the news sites and remember to take deep breaths.

Mantras

Take four post its and write the following on one of them

Strong inside and out

I am surrounded by **love**

Believe do not concede

It **Can** Happen

Put these on your bathroom mirror and repeat them every day.

Taking care of yourself is the best you can do for everyone.

About me:

After a health scare, Phyllis started to search for ways to get healthy and fit. At that time all the information online was from 2- something fitness models or celebrities with professional trainers and chef.

She managed to find her way to wellness resulting in a 50 pound weight loss, a rack full of half marathon and marathon medals and a job as a group fitness coach.

Her calling is to bring this information to any woman over 50 that wants to start a program with a leader that has been there and can make sure they hit their goals.

Phyllis is a ten year veteran of her owning her own health revolution starting at 50!

Want to learn more? Phyllis@strongbystrand.com and let's get started.