



TINY HABITS FOR BIG RESULTS

Congratulations on taking the first step towards a healthier, happier you!

This guide contains 21 days of tiny habits that compound on one another to make significant improvements to your overall health and well-being. By incorporating these small changes into your daily routine, you can improve your physical, mental, and emotional health to feel your best. It's important to remember that making small, sustainable changes over time is key to achieving whole body health. Consistency over time will always provide results. While it may be tempting to try to make big changes all at once, this can be overwhelming and lead to burnout. By focusing on tiny habits that are easy to incorporate into your daily routine, you can create lasting changes and make progress towards your health goals.



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Day 1: Drink Water First Thing in the Morning

Start your day by drinking a glass of water. 12-16 ounces of water in the first 15-20 minutes you are awake gets your body hydrated from the night before. This will jumpstart your metabolism and flush out toxins.

Day 2: Be NEAT

NEAT means non-exercise activity thermogenesis, and it's a fancy way of saying that we burn calories from daily things other than purposeful exercise. Here are some ways you can increase your NEAT. Take the stairs instead of an elevator. Park in the back of the parking lot. Go for a walk after a meal. Clean your house. Shake your leg when you sit.(that one drives my wife nuts)These are all ways to increase your NEAT. NEAT is responsible for up to 30% of your total calories burned each day.

Day 3: Stand Up and Stretch

Take a break from sitting every hour or so to stand up and stretch. This can help improve circulation, reduce stiffness, and increase productivity. We aren't designed to sit for hours at a time. If this is really hard for you, get a sit to stand desk so you can vary your positions all day.

Day 4: Practice Gratitude

Take a few moments each day to reflect on things you're grateful for. Say them out loud and feel the gratitude. This can help improve mood, reduce stress, and boost mental well-being. We are quick to point out faults and negative things in life so balance that with gratitude for what you have in your life.



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Day 5: Eat Mindfully

Pay attention to your body's hunger and fullness cues when eating. Eat to 7 out of 10 full. This can help prevent overeating and improve digestion. Don't know what 7 out of 10 full is, then set a timer and take 15 -20 minutes to eat your meal. Now see how you feel and assess your hunger level.

Day 6: Prioritize Sleep

Aim for 7-9 hours of sleep each night to help your body recover and rejuvenate. Create a bedtime routine to help you unwind and relax before bed with a priority on getting to bed within 30 minutes of the same time every night. If you have trouble sleeping, eliminate caffeine for at least a week and see how you sleep.

Day 7: Move Well and Move Often

Look for opportunities to move more throughout the day, such as taking a walk during your lunch break or doing some squats in your office when you have been sitting for several hours. This can help increase physical activity and burn extra calories. Sit into a supported squat for 1 minute and see how good it feels to stretch.

Day 8: Incorporate More Fruits and Vegetables

Add an extra serving of fruits or vegetables to your meals each day. This can help increase nutrient intake and promote overall health. It doesn't matter what fruit or veggie, just get 1-2 servings (about 1 1/2- 2 cups) in each meal.



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Day 9: Practice Deep Breathing

Taking a few deep breaths throughout the day to help reduce stress and anxiety, improve focus, and boost energy levels. Breath in through your nose for 4 seconds, hold for 4 seconds and exhale for 4 seconds. Do this for a minute when you need a mental boost.

Day 10: Reduce Screen Time

Limit your screen time, especially before bed. This can help improve sleep quality and reduce eye strain and fatigue. If you're feeling really brave, delete social media from your phone and reserve it for your computer!

Day 11: Plan Your Meals

Plan your meals and snacks ahead of time to help you make healthier choices throughout the day. If you just react all day to your hunger, the chances of eating lower quality food and more of it, go way up. This can also save time and money. 5 minutes of planning will save you 20-30 minutes of getting fast food or figuring out what to eat for lunch.

Day 12: Practice Self-Care

Take time for yourself each day to do something that makes you feel good. This can include taking a bath, reading a book, or practicing yoga.

Day 13: Stretch Before Bed

Take a few minutes to stretch before bed to help your body relax and reduce tension. It's also the best time to rewire your nervous system to reduce muscle tone.



Day 14: Drink Herbal Tea

Replace your usual cup of coffee or soda with herbal tea. This can help reduce caffeine intake and promote relaxation.

Day 15: Do a Brain Workout

Challenge your brain by doing a crossword puzzle or Sudoku. This can help improve cognitive function and memory.

Day 16: Take a Walk Outdoors

Take a walk outdoors to get some fresh air and sunlight. This can help improve mood and boost vitamin D levels. It will also help with sleep by resetting your circadian rhythms (when to sleep and when to be awake).

Day 17: Try a New Healthy Recipe

Experiment with a new healthy recipe to keep things interesting and expand your culinary skills. I love brunch, and plan on giving this Feta, Spinach, and Scrambled Egg Pita recipe a try! It doesn't have to be complicated, just think carb, fat and protein.

Day 18: Meditate Before Bed

Take a few minutes to meditate before bed to help calm your mind and promote relaxation. There is no right or wrong way to meditate, just relax and concentrate on your breathing.

Day 19: Get it Out of Your Head

Write out the top 3-5 things you want to do the next day before you go to bed. Now it's out of your head and you can relax your mind and body.

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Day 20: Learn Something New

Challenge yourself to learn something new everyday. Practice an instrument, learn a new language or listen to a book. This can help improve cognitive function and boost creativity.

Day 21: Reflect on Progress and Set New Goals

Reflect on your progress of current goals to know you are doing the right things. Then set new goals to continue making improvements to your health and well-being. Remember, every small step counts towards achieving whole body health. By incorporating these tiny habits into your daily routine, you are taking important steps towards a healthier, happier you. Celebrate your successes, no matter how small they may seem, and continue to build on them. With patience, persistence, and a commitment to your health and well-being, you can achieve your goals and feel your best.

Need more personal guidance for customizing your healthy habits - and the accountability to stick to them? That's where I come in! [Schedule a 15 minute call](#) with me to see how I can help you continue to make progress toward your goals.