

# OPTIMIZING YOUR HEALTH

TIPS FOR HEALTHY LIVING

## THE IMPORTANCE OF A REGULAR ROUTINE

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As we entered our 50's, we noticed that weight started coming on faster. We needed to amp up our fitness and modify our diet to accommodate a slowing metabolism.

That's when we made the conscious decision to establish a more regular exercise, nutrition, and



mindfulness routine so we could continue to live an active lifestyle and keep up with our two boys.

We hope this one pager inspires you to create a routine that works with your life and helps optimize your health. Try one or two things and see how you feel.

**Our mantra: I am healthy, whole & complete**

### WHAT DO WE DO?

- BUY ORGANIC VEGETABLES & MEATS; MINIMIZE ALCOHOL, CAFFEINE & SUGAR CONSUMPTION
- SUPPLEMENT DIET WITH HOME GROWN ORGANIC VEGGIES
- DRINK HALF OUR BODY WEIGHT IN OUNCES OF WATER PER DAY
- SLEEP MINIMUM OF 7 HOURS PER NIGHT ON A REGULAR SCHEDULE
- FAST AT LEAST 12 HOURS PER DAY TO GIVE BODY REST AND TIME TO DIGEST
- EXERCISE & STRETCH EVERYDAY -RUN, WALK, HIKE, BIKE, PILATES, YOGA, XC SKI, STRENGTH TRAIN
- PRACTICE MINDFULNESS WITH DAILY MEDITATION, GRATITUDE, JOURNALING, AND PRAYER
- SPEND TIME IN NATURE BEING PRESENT
- FOCUS ON ACCOMPLISHING 3 GOALS/DAY
- DO AT LEAST 1 THING/DAY THAT YOU LOVE