
Daily Health Habits

Creating daily habits can help you to support your health goals and manage your weight.

- I ate three meals today.**
 - When you skip meals, you can slow down your metabolism and make you starving at your next meal. Ultimately you will overeat or make poorer food choices than you would normally.
- I ate something green with every meal today.**
 - Veggies provide you with needed vitamins, minerals, and fiber. They have very few calories and the extra fiber will help to keep feeling full longer. Over time, aim to fill half your plate with veggies.
- I avoided added sugar and artificial sweeteners today.**
 - Overconsumption of added sugar is linked to many negative health issues. Obesity, diabetes, cardiovascular disease, and cancer. Excess sugar will give you that “sugar high” which is a surge in blood glucose and insulin levels. The effect is fatigue, brain fog, irritability, and more cravings for sugar or starchy carbs.
- I prepared and ate home-cooked meals today.**
 - When you cook at home you have more control over what you eat. Healthy, home-cooked meals only take about 10 – 15 minutes longer to prep than serving heavily processed food, ready-made meals, take-out, or restaurant meals. You can also make extra for leftovers. That will save you time in the long run.
- I drank water during the day.**
 - Are you drinking at least 6 – 8 (8 oz) glasses of water during the day? A good way to stay hydrated during the day is to carry a water bottle with you. That way you can sip water throughout the day. You can add lemon, cucumber or fruit to give it a little flavor. Avoid soda or other sweetened beverages. And any drinks sweetened with artificial sweeteners.
- I worked out or got active today.**
 - Planning to exercise every day is one of the most important things you can do for your body. Exercise helps to boost mood, control appetite, and improve sleep. Long-term it will lower your risk for diabetes, obesity, heart disease, stroke, depression, dementia, and some cancers.
- I made sleep a priority last night.**
 - Getting quality sleep on a regular basis will help to improve many health issues. Controlling blood sugar and losing weight are two big ones. Make it a priority to get 7 – 8 hours of sleep every night.

Need support getting to your personal best weight and optimal health? I'd be happy to help.

To learn more about my nutrition and health coaching services, please get in touch. Call me at 303-585-1025 or click to schedule a [free discovery call](#).