Live Well to Be Well

...its time to get the straight story on anti-inflammatory living
I Choose Health
I Seek Balance
I Combat Inflammation
I Choose Wisely
I Eat for Energy
I Stay Fueled
I Balance Nutrients
I Avoid Hunger
I Eat Intentionally
I Am Active
I Plan Fitness
"We fool ourselves into thinking that a new tactic will change the fact that we need to do the work. The greatest skill in any endeavor is doing the work. You don’t need more time, more money, or better strategies. You just need to do the work."

-Vince Lombardi
1. Exercise builds lean muscle
2. Exercise helps manage stress
3. Exercise increases metabolism
4. Exercise improves stamina
5. Movement acts as an anti-depressant
6. Exercise increases stability
7. Motion is the lotion for your joints
8. Exercise increases HDL, lowers LDL and helps manage blood glucose
I Will Find My Fitness Passion
I Sleep
Hunger Hormones

- **Ghrelin**
  - "GO" EAT
  - Produced in the stomach, signals hunger

- **Leptin**
  - "STOP" EATING
  - Released by fat cells, signals the brain to feel full
Regulation of Appetite

Insufficient Sleep

Ghrelin
- You're hungry

Leptin
- You aren't full

MORE HUNGRY, LESS SATISFIED = EAT MORE!
Sleep & Insulin

Food is broken down into glucose → pancreas releases a hormone called insulin → insulin moves glucose from the blood into cells where it is used for energy in your body.

Cell = front door
Insulin = door key
Glucose = house guest
Insufficient Sleep & Insulin Resistance

Sleep deprivation can increase insulin resistance by up to 33%!

- Diabetes
- Stroke
- PCOS
5 Tips for a Better Night’s Sleep

1. Be mindful of food and drink choices.
2. Establish a bedtime ritual.
3. Create a positive sleep environment.
4. Be active!
5. Designate a ‘worry’ chair.
I Bring Out The Best In Myself
Sleep has the power to transform you from average to excellent!
I Manage Stress
| ATTITUDE | 1  |
|          | 20 |
|          | 20 | 9 |
|          | 20 | 21 |
|          | 4  |
|          | 5  |
|          | 100 |

Attitude is 100% of everything you will ever do!
Tools to Manage Your Stress

1. Avoid Negativity
2. Evaluate Your Relationships
3. Identify Stressors
4. Organize Your Priorities
5. Unschedule
I Am Unstoppable
I Finish Strong
Be Well