

Physical Wellness Simplified

While the human body is an amazingly complex and well organized biosystem, the vast majority of people who want to increase their Physical Wellness don't have to know everything about how it works! Unfortunately, many fitness professionals and supplement companies take it upon themselves to overcomplicate and obscure what a person needs to do to have a healthy, happy life. The following guidelines are an attempt to clarify and help a person recalibrate what is important for a physically healthy lifestyle, and are not meant to be followed as an end all approach to becoming physically fit. That said, these ideas will get you going in the right direction!

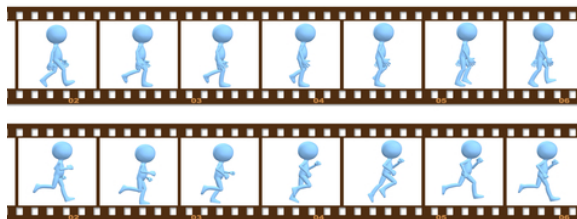
Remember – with wellness, everything works together, and as a result, affects other aspects of fitness. For example, you may find that a lack of drinking water makes it harder to fall and stay asleep or eating poorly will affect your energy levels. Once a person starts paying attention to what they're doing and how actions affect other aspects of their wellness, they can begin to make healthier choices!

For simplicity's sake, break Physical Wellness into four groups (below) and do your best in each group, each day. Make a modest, attainable goal for each group, achieve that goal and move right along to something more challenging!

Water:

One of the simplest, most important things a person can do is drink more water! Water is a hugely important and impactful part of being physically well and it literally affects all other parts of fitness, from how the brain functions right down to digestion. A couple of guidelines:

- Drink a glass of water when you wake up and before bed – you'll start the day with a simple, healthy habit and will find you sleep better.
- Drink a glass of water with every meal.
- On hot days or days you sweat a lot (from training, of course!), make sure you drink even more water than usual.
- Your urine should be clear or slightly colored (you'll have to get up and head to the bathroom more often – bonus movement!)



Movement:

The next easiest factor to control! This does not mean workout every day – most people do not need this level of fitness to be healthy. In fact, if the other factors of Physical Wellness are lacking, it may not be healthy to hit a hard training session. Being active can mean going for a walk, weight training, playing a sport, or cleaning the house! Be on your feet if you can. General guidelines include:

- Train with resistance at least two times per week – either use bodyweight or a form of weight lifting.
- Walk as much as possible. (If you have a movement tracker, try and get as many steps as you can in a day.)
- Get your heart rate up in bursts of 10-30 minutes, two – three times per week.
- Make movement as enjoyable as possible – find an activity you enjoy, not dread.



Nutrition:

Our third category for Physical Wellness is nutrition. This is the category people often get the most hung up on, so let's make it simple (for a meal):

- First, eat green and colorful food such as fruits and vegetables in good quantity (1-2 cups or as much as you want in excess of this) with every meal.
- Then eat about 20 grams of a good source of protein (meat, fish, eggs) with each meal. This is healthy, slows down blood sugar spikes, and promotes satiety (that full feeling).
- Lastly, if you're still hungry after eating for around 20 minutes, go ahead and eat a moderate amount of carbs (rice, pasta, bread). Moderate means pay attention to servings and strive for just one. For example, a serving size of rice is usually 1/4 cup. You'll be less bloated, have more energy, and feel stronger and more lively.
- An example meal for breakfast: 2-4 eggs scrambled with a cup of spinach, half cup of minced onion, and half cup of minced green pepper. If you're not satisfied, make a piece of toast with peanut butter.



Sleep:

That great mysterious part of wellness is about to be demystified! Sleep is a very important, almost always overlooked component of wellness that is also one of the most crucial.

- Strive to sleep more than eight hours per night, if possible.
- Short naps during the day are absolutely fine, provided you wake up refreshed and not groggy. If groggy, shorten the nap.
- Sleep is when our body repairs damage done by our environment and activity level. Remember, stressing the body with exercise is good, but only if you give it resources to heal!
- If you have chronic issues with sleeping, take the appropriate measures to figure it out and get enough sleep. You will feel better, be happier, think better, and perform like a **champion!**

It's important to note as well that individuals are unique by definition, so not all guidelines are great for all people! Try things and see what works for you. If you can make small goals in each of these categories, awesome! A great idea is to pick the one you struggle with the most and make that your focus for a month, then work on another the following month. **For example:**

- For the first month: "I'm going to go to bed a half hour earlier than usual five nights per week."
- For the second month: "I'm going to drink water in the morning and evening, with every meal every day this month."
- If you do this for a year, you've devoted three months to each category and I bet you'll be fitter and happier!

