

Healthy Eating Made Simple

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2/3 of all American Adults are overweight, and over 25million Americans have Diabetes. – what can we do about this? We need to get serious about our health! Our Health matters! It is the most valuable asset we will ever have!

What are your Health goals? What would you like to see happen in your life in regards to your health? Is there an activity that you used to do that you would like to be able to do now? Why do you want to get healthy? How would your life be different if you were at a healthy weight, had more energy, got off of your medications, and felt better?

Simple things that matter

Eating breakfast within 30 minutes of waking up. Eating 5-6 small balanced (protein/carb) meals each day 2-3 hours apart, drinking at least half of your body weight in oz. of water each day.

Examples of good Proteins and Carbs to fuel your body:

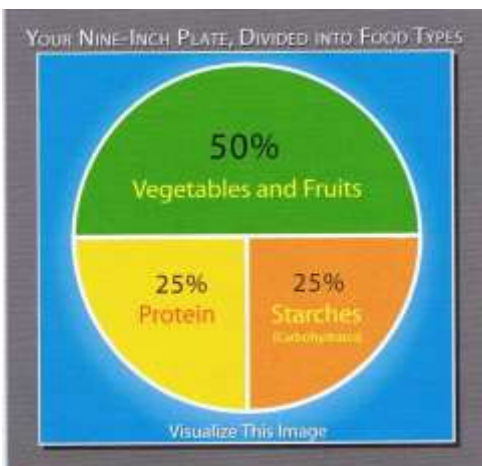
PROTEIN Examples:

- Boiled egg
- Greek yogurt
- Low-fat cheese
- Nuts or nut butters
- Fish, Poultry, Meat, Jerky
- Beans,
- Cottage cheese
- Soy/Whey protein

CARB Examples:

- Fruits/Berries
- Vegetables
- Low carb tortilla
- Whole wheat Toast
- High Fiber Crackers
- Granola/ Muesli
- Steel cut oats
- Quinoa

Your Plate Matters:



Support Matters- Set up a strong support system. Make your goals public. Ask others to help, tell them how they can best support you. Teach your friends and family how to be healthy too. Surround yourself with healthy people. Seek support from a health coach or join a support group.

Education Matters- Make learning about health a priority. Learn new recipes. Keep your head in the game of Health.

Become a PROFESSIONAL with your health! Take it serious, do it even when you don't feel like it. Make a plan and always be working toward a goal

WHERE DO I START?

Breakfast Every Day!

Exercise

Support

Low Glycemic Protein/carb Balanced meals 6x day

Individual Plan

Monitor your weight

Set a couple of goals and work on them until you become a pro at those things, and then work on a couple of more things. Don't expect to change everything overnight. Losing weight will be a natural side effect from forming healthy Habits.

If you have any questions or would like more help with a plan for you, feel free to contact me

NOTES/GOALS: