



Four Simple Aspects of Holistic Lifestyle Coaching

Diet

To many people, 'diet' is a four-letter word. And rightly so—when we hear the word diet, we usually think of bland meals, self-denial, frantic weight-watching, and all the rest. The typical diet is a quick fix that brings limited results at the expense of our satisfaction.

So what makes this different? The difference is that this 'diet' is not a quick fix weight loss program, but a permanent nutrition plan that suits each person's individual needs. It is not about counting calories; it is about optimizing nutrition in order to build a healthier, happier lifestyle.

As a lifestyle coach, my main focus is to eliminate as many processed foods as possible. The bottom line is that the food we eat and the water we drink literally *become* the cells in our body; better nutrition means better performance.

I try to make it clear that pop tarts, sugar-loaded breakfast cereals, fast foods and soft drinks are *not* food. Replacing processed foods with fresh fruits, vegetables, whole grains, and a variety of high-quality proteins, is the first step to building a healthy body and living a healthy existence.

Movement

Be it jogging, dance, or yoga, this word says it all—humans are simply born to move. Our bodies are naturally made to crawl, walk, jog, run, squat, bend, twist, and do much, much more. If you have any doubts, I encourage you to watch young children; you will see an endless variety of movement patterns.

Unfortunately, as time moves on, the movement in our lives decreases. Between the hours we spend hunched over a desk, sitting behind the wheel, or planted in front of the TV, there's little time for us to move around. That's why we need to make a conscious effort to bring movement back into our lives.

Movement is another necessary part of a healthy lifestyle. Notice that I use the word 'movement' instead of 'exercise', a word too often associated with losing weight and looking good. Physical fitness is not about how we look, it is about how we *feel*.

Just as it is with food, our bodies also require a variety of different movements that vary depending on each person's unique exercise needs. My goal is to implement a personalized exercise program that is comfortable, beneficial, and acknowledges individual differences. No two programs are ever the same.



Quiet

Now more than ever, we need to schedule quiet time into this fast-paced, hustle-and-bustle lifestyle. By quiet, I am referring to rest. More specifically, sleep. Try as we may, we humans are not meant to run on five hours of sleep and hot coffee. And when we are not rushing around trying to beat the clock, we are constantly being bombarded by the radio, television, cell phones, mp3 players, and endless list of gadgets. We need to give ourselves a break!

Sleep is essential for the human body to operate at its peak. Without a proper amount of sleep, not only are we unable to function at our best, but we also make ourselves susceptible to countless physical, psychological and emotional ailments. If we are not careful, prolonged sleep-deprivation can take a serious toll on our health.

In addition to keeping a regular sleep schedule and getting an appropriate amount of rest everyday, I also strongly encourage people to practice relaxation techniques. Some examples are meditation, warm baths, pleasant reading, and other fulfilling, stress-reducing activities.

Happiness

With proper nutrition, regular exercise and proper sleep, we leave our body with no choice but to function at maximum efficiency.

So what does this have to do with happiness?

Let us not forget that the mind is, literally, part of the body. When the body reaches high levels of health and vitality, happiness is much more obtainable. I am not necessarily implying that health is the key to happiness, but I can assure you that it helps tremendously.

I have seen this astounding transformation in clients and in myself. When we feel good physically, it works wonders on the mind! Positive thoughts increase, and positive actions naturally follow. My ultimate goal is to assist people in developing the healthiest possible lifestyle, according to their individual needs. By building positive habits, we put ourselves in much better position to lead a fulfilling existence.

Health is the best-kept secret to happiness.