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Balanced Health. *Blueprint*

DESIGN A BALANCED APPROACH TO
BETTER HEALTH AND FITNESS

Little Things That Improve Your Health

Small changes in your lifestyle that can create big improvements in your health and wellbeing.

By Hiram Perez

A Balanced Health Blueprint Publication

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For more information on a balanced approach to health, visit us on the Web at: www.BalancedHealthBlueprint.com

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Little Things You Can Do that Make a Big Difference in Your Health

Most people find themselves in poor health after a lifetime of poor choices and they try to change things overnight. That doesn't work. What does work is a system of small changes, applied consistently, that stack one upon the other to get you headed in the direction you need to go. It's these little things that can make a big difference in your health.

Hello. I'm Hiram Perez, NESTA-certified Fitness Nutrition Coach and Personal Fitness Trainer. In this book, I want to discuss with you how little changes in your behavior can lead to BIG changes in your health.



So what will happen as you integrate each new change into your life?

Well, as you follow the suggestions in this book, you'll feel your body begin to regain its health.

You'll feel better than you've ever imagined you could. Your mind will be clear, your body will be limber and strong and you'll be free from stress. I realize that it may sound impossible, but it's not. I'm here to show you how, every step of the way!

First and foremost, this book is about your good health. I've never been into the fads and their silly "gimmicks" that are meant to hook you in. All of the fads tend to make radical promises, like "you'll lose weight even while you sleep." They're usually very expensive requiring pricey food, special supplements or complicated equipment to make them work. And they all have limited success when applied in real life for long-term use. All of the fads, without exception, tend to follow these rules.

Well, I'm sure that you're sick of following fads and just want to find a safe, sensible, and balanced plan that will serve you well for a lifetime. Good health is no mystery. By following my simple, balanced, common sense approach to health, you'll naturally lose—or gain—any weight that you need to as your body

The human being is an amazing feat of engineering made up of the body, the mind, and the spirit.

takes the opportunity to regain its natural state of good health. Your mind becomes strong and focused, and your Spirit becomes fully healed, whole and filled with joy and peace. And when your body, mind, and Spirit are all at their best, *everything you do will succeed!*

Just how does this happen?

The human body is an amazing feat of engineering. It can adapt to just about any abuse you can dish out, and as soon as it's given what it needs, it will strive to achieve balance. A body in balance is healthy, fit, and capable of resisting and even healing disease!

Bringing the body into good health is the first step to taking control of your life. But a human being consists of more than just a physical body.

We all have a body, a mind, and a spirit; and to be a truly healthy and balanced person, we need to take care of ourselves on all three levels.

Body, mind, and spirit work together, allowing you to be a healthy, balanced, centered, effective, and focused human being. When you possess all of these qualities, your life will naturally be more successful and you will achieve a level of peace, happiness, and success in your life that you've never dreamed possible.

Can my plan help you to achieve more than just your goals for good physical health? Absolutely! Intrigued?

So let's get started ...

A Healthy Body

Getting healthy begins with getting your body back into shape. Here's what you can do to help your body regain it's natural, healthy condition.

Let's begin by learning about the most important little things we can do to bring our bodies back into balance.

DRINK ENOUGH WATER

The most important change you can make for your good health is to get enough water! **Did you know that most of us are functioning in a state of constant dehydration?** Even mild dehydration will make you have trouble concentrating and cause dizziness, nausea, headaches, joint and muscle pain, bowel irregularities and skin problems.



Try to get at least 8 glasses of water per day in order to keep the body properly hydrated

Be sure your body gets the equivalent of at least eight, 8-ounce (250 ml) glasses of water every day. Some sources say to drink half your bodyweight in ounces (1oz = 28 ml) of water each day, but not more than about $\frac{3}{4}$ of a gallon (around three liters) unless you're engaged in heavy exercise or manual labor for many hours a day.

Yes, your body will also get some water from the foods you eat, especially moisture-rich like fruits and vegetables, but since this amount is so hard to determine, it's best to shoot for a goal of drinking around 8 glasses of water per day. That way you're sure to get plenty.

Proper hydration is also a fabulous migraine preventative. You can often head off a migraine by drinking a liter (four cups) of water at the first symptoms. When you're fully hydrated, your skin will be soft and radiant; you'll have fewer

breakouts, shiny, radiant hair, and better smelling breath. Not to mention you'll feel great and be full of energy!

It's important to flush out all of the toxins your body accumulates, especially if you're just starting to regain your good health, so drink up! After maintaining good hydration, the next best thing you can do for your good health is...

GET ENOUGH SLEEP

Do you have difficulty concentrating? Are you constantly trying to “snap yourself out of it?” Does it feel like you're running around in a fog? **You're probably mildly sleep deprived.**



Most adults need 8 to 10 hours of sleep per night.

It's important to get enough *uninterrupted* sleep. This is because every sleep cycle has two distinct parts. During the first part, you do not dream, and your body heals and rejuvenates itself. If you miss this phase of sleep, your body will feel very drained and will have trouble maintaining coordination.

You do dream in the second part of the sleep cycle. During the dreaming phase, your mind plays out your stresses and troubles and resolves all the little issues that bother you throughout the day. People who are deprived of dreaming sleep simply cannot function mentally!

A normal sleep pattern involves four to seven, 60 to 90 minute long sleep cycles during the course of the night. If these cycles are interrupted, you're going to feel “groggy” until you have an uninterrupted sleep cycle.

So skip the ten o'clock news and tuck yourself in early. **Adults need 8-10 hours of sleep every night, so make getting enough shut-eye a priority.**

Are you having trouble getting to and staying asleep? Try these:

Tips for Getting a Good Night's Sleep

Try these tips for a great night's sleep!

- If you lie awake more than 30 minutes, go into another room and read something relaxing, listen to music, or drink some warm milk or herbal tea. Avoid doing anything that over stimulates the mind such as watching TV, solving puzzles, or working on office work or housework.
- Make your bedroom conducive to sleep: A supportive bed, quiet, dark, and a cool temperature.
- Keep the clock handy but not where you are staring at it if you wake up during the night.
- Eat regular meals, but eat lightly in the evening before bedtime.
- Keep the bedroom neat and decorated to enhance comfort and relaxation.
- Get regular exercise, but not within 4 hours of bedtime.
- Don't watch TV, pay bills, or do office work in your bedroom...**ever**.
- Write down anything you are worrying about so you don't carry them to bed. If you continue to worry about them, make an appointment with yourself to think about them the next day.
- Set a relaxing routine as you approach bedtime: hot bath, herbal tea, relaxing music, or relaxing book.
- Go to bed and get up at the same time each day (including on weekends or holidays).
- Try not to worry about lost sleep.
- Avoid caffeine and alcohol in the evening. This includes caffeinated soft drinks as well as "energy" drinks.

The next step to taking good care of your body and regaining health is to get active, so let's talk a little bit about exercise.

WORK UP A SWEAT EVERY DAY

Work up a sweat at least once per day. Your body will love the exercise and you'll love the extra energy!

We all know that exercise maintains your muscle tone, keeps you strong, and keeps your cardiovascular system fit, but it also affects your body in many other ways. For example:

- Exercise rids the body of adrenaline and other stress hormones.
- It helps raise your energy levels. The old adage is very true—the more energy you use, the more energy you have.
- Exercise makes you more alert. Studies have shown that when large muscle groups repeatedly contract and relax, the brain receives a signal to release specific neurotransmitters, which make you feel relaxed and very alert.
- Exercise boosts self-esteem. Think about those times when you've been physically active. You've always felt better about yourself!
- Being active encourages a healthy diet. People who exercise regularly tend to eat more nutritious food. And it's no secret that good nutrition helps your body regain its health faster.
- Exercise helps you sleep better. Studies show that people who exercise regularly sleep better than those who don't.



Exercise can actually cure depression in many people. Research has shown that exercise can be more effective than medication for treating depression in most people.

Your regular workouts should consist of muscle stretching, muscle strengthening and aerobic activities. Most sports like football, rugby, basketball, power yoga, and martial arts combine all three into their activities, so for a super-efficient workout, try joining a local sport club. Your workout choices are limited only by your imagination!

Exercise is cumulative; every little bit adds up. **Be sure to work up a sweat at least once every day.** Make exercise a natural part of your lifestyle by walking to the store, taking the stairs instead of the elevator, or park at the far end of the parking lot and walk into the mall. What you do doesn't really matter. What does matter is the amount of energy you expend.

A good goal is to try to walk at least 9,000 steps each day. Studies have shown that slender, fit individuals average this many steps per day so this should be a good goal to shoot for.

The important thing is to have fun! Try dancing as you do housework, stretch out and do waist bends with your broom, and do a few sets of bicep curls or tricep drops with that can of corn before opening it for dinner. And speaking of dinner...the next change that will affect your health in a BIG way is...

MAKE THE HEALTHIEST SENSIBLE FOOD CHOICE THAT YOU CAN

Life is full of choices: no matter where you are, you ALWAYS have a choice. Losing, gaining or maintaining a healthy weight is simply a matter of making the best possible choice that you can ***every single time you go to eat.***



That's it! Think about it. It's so simple, yet brilliant. **You don't need to worry about anything except making the best food choice you can at that particular moment.** Even when faced with the giant "Golden Arches," you can make a good choice or a poor one. Will that fatty food really make you feel better? Trust me, the answer is "NO!" **Nothing tastes as good as healthy feels...NOTHING!!!**

Losing or gaining weight is simply a matter of making the best choice you can every single time you go to eat.

Simply select the best food or beverage choice wherever you are at the time. Have a bottled water or diet soda instead of a sugary cola. Choose a grilled chicken breast or a salad over a burger and fries. Choose a fat-free muffin and yogurt over a sausage and cheese biscuit. You simply have to get in the habit of

eating for health and health will blossom! As an added bonus, any excess weight will come off slowly but surely, and it will stay off forever. The next thing you can do to greatly increase your health is not something that's frequently talked about, but it's very important if you want to foster the best health possible.

HAVE YOUR PRESCRIPTIONS RE-EVALUATED

Did you know that most adults have an average of 6 prescription medications in their medicine cabinet right now, and they no longer need at least one of those, but take it anyway because they haven't been assessed properly? How many of them do you have, and which ones do you really need? Is there something that will work better for you and have fewer side effects?



Have your doctor review the medications you take regularly every six months rather than automatically writing the same old prescriptions. The most common effects of taking medications that you no longer need are headaches, bowel problems, dizziness, nausea and vomiting, and fatigue.

Removing unnecessary chemicals from your system frees up an incredible amount of energy as well. So why wait? Make that appointment today! It's not only prescription drugs that cause these problems and more. Both legal drugs like nicotine, alcohol and caffeine and street drugs can have these affects on your health...and worse! Let's see what we can do to change these habits!

STOP SUBSTANCE USE

Stop Smoking

Imagine finally being able to run and play at the park with your kids or grandkids instead of sitting on the bench. How about being able to join the rest of the family for a weekend of snow skiing instead of sitting it out alone at the lodge?

Quitting smoking is the single best way to give you a new lease on life! We

Reduce or eliminate all drugs from your body including:

- Unneeded medications
- Nicotine
- Alcohol
- Caffeine
- Illegal Drugs

Never stop trying to quit!

all know that smoking is hazardous to our health. Set a date to stop smoking and avoid places that are renown for smoke, such as clubs, bars, and bingo halls.

Never stop trying to quit. See your doctor for advice on Zyban™, nicotine supplements and other successful treatments for stopping smoking.

Drink in Moderation

What's the single most positive step you can take to save every relationship you have, strengthen your marriage and make you feel better than you have in years? That's right, if you're a drinker, to limit, or better yet, give up, alcohol entirely! Drinking alcoholic beverages can increase your risks for certain cancers, not to mention that it seriously disturbs your ability to think, reason, and live a normal life.

Alcohol is a very potent diuretic. **Even one drink can undo all of the good you've accomplished in achieving proper hydration.** So if you do drink, do so in moderation.

Limit Caffeine

Everyone knows that caffeine is a stimulant, and while I'd never demand you do without that much-needed cup of coffee or tea first thing in the morning, I do recommend limiting your caffeine intake to no more than 2-3 cups per day.

Why? **Because caffeine stimulates the adrenal glands to produce adrenaline.**

Adrenaline is responsible for the "fight-or-flight response." It's what causes your heart to race, your skin to sweat and that sense of panic you feel when you're confronted with a sudden dangerous situation. For instance, when someone cuts you off abruptly and you're nearly in a car accident. When your adrenaline levels are high, your body thinks that it's in danger. **When a body runs in a constant state of low-grade panic it will be perpetually exhausted and very susceptible to stress.**

Try limiting or abstaining completely from, your caffeine for 30 days. You'll be amazed at the renewed levels of energy that you'll experience. **Caffeine is also a diuretic**, and can undo all the good you've done by getting your 8 glasses of water every day! So do your best to kick the habit!

DON'T DO DRUGS

Drugs cloud your mind and impede your judgment. To be at your most effective, you need to be balanced, centered, and focused; and you won't be any of those things if you're on drugs. **Drugs don't solve your problems, and they're also a pointless waste of money that you could be using to invest in your future.** Remember this: "Stand and face your demons."

SECTION SUMMARY

To develop a healthy body, it is important to:

- Drink Enough Water
- Get Enough Sleep
- Work Up a Sweat Every Day
- Make Healthy Food Choices
- Have Prescriptions Re-evaluated
- Stop Substance Abuse

A Healthy Mind

A healthy body without a healthy mind doesn't stay healthy for very long. This chapter will help you learn how to clear your mind of negative attitudes, thoughts, and people.

A positive mindset is the most effective way to build a healthy mind.

Now that I've covered the simplest and most effective steps you can take to bring your body back into its best physical health, I'll show you which steps to take to heal the Mind and regain your mental fortitude. Having a focused and balanced mind will allow others to perceive you as a strong, healthy, and "together" individual worthy of admiration and respect. Strengthening the mind will also make you immune to the stresses of daily life, allowing you to better cope with whatever life throws your way!

A POSITIVE MINDSET

The most effective thing you can do for a healthy mind is to maintain a positive mindset.

Your mind is comprised of two aspects, one is the conscious mind and the other is the subconscious. Your conscious mind is what makes you aware and functioning. When we think, we are using the conscious mind. The subconscious mind is the controlling agent that takes care of ensuring your emotional and physical security. It's the "monkey on your back" or the "little devil on your shoulder" chattering away with those self-defeating thoughts we all have in the back of our minds. Let's take care of that little voice once and for all!



Learn to program your subconscious mind and then practice, practice, practice.

The interesting thing is that the subconscious mind can be programmed by the conscious mind. **The subconscious mind will do, and believe, everything that the conscious mind tells it.** You can reprogram your subconscious mind. Simply put, you can use visualization, or imaging techniques, to reprogram your subconscious mind.

Here's how you do it:

1. **Stay positive.** When you feel a negative emotion or bad feeling coming on:
 - a. Stop.
 - b. Reach for a thought that feels better. Then when you feel the emotions shift,
 - c. Pivot and think of something that thrills you. Get to that “feeling good place” however you can.
2. **Use positive affirmations** throughout your day.
 - a. Visualize your result.
 - b. Select an affirmation that suits your visualization and repeat it to yourself at least 100 times each day.
3. **Act as if it were already so.**

Simple, isn't it? The trick is to practice, practice, practice! Becoming a positive person doesn't happen overnight, and we will all falter at one time or another and go completely off the deep end. That's ok! Forgive yourself, reach for a better feeling, and move on from there. The next thing you can do is learn how to...

CONTROL STRESS BEFORE STRESS CONTROLS YOU

Control stress by always taking one day at a time.

The best advice to avoid succumbing to stress is to **take one day at a time**. Pay special attention to the changes in your life. Change is a big source of stress and anxiety. Even positive events, such as receiving a raise, going on vacation, or planning a social event can be very stressful. What can you do?



- Don't take on too much at one time;

- Take on manageable projects;
- Don't spread yourself too thin; and
- Learn to say "NO" when you feel under pressure.

If you are going through a stressful transition like having a new baby, a break-up in a relationship, moving, changing jobs, beginning university, or going on a diet, don't take on any additional or unnecessary responsibilities.

Do everything you can to eliminate negative and encourage positive thinking! Usually, it is the things we say to ourselves that end up "stressing ourselves out." This negative self-talk causes increased stress and anxiety, lowered attention span, and distraction from achieving your goals. You may find some of the beliefs you've held for a long time to be very difficult to let go of, but realize that holding onto them is self-defeating and most likely places stressful demands on both you and your family and friends.

Be very mindful of using extreme expressions such as "must," "always," "have to," "terrible" and "awful."

Every time you catch yourself making a negative judgment about something, pick a positive aspect of the person or issue and appreciate that aspect.

By learning to cope with stress in a positive manner, you'll notice that it will naturally diminish over time. Soon, you'll start noticing things that would have "stressed you out" have no effect on you at all. Start by replacing your irrational or stress-producing thoughts you tend to use with a **positive thought aimed at solving the problem**. If you find yourself becoming stressful over something, repeat the positive statement to yourself until the feeling fades.

Along with stress, energy wasters are a huge mental drain. For peak mental efficiency, learn to...

AVOID ENERGY WASTERS

Take "Me Time" on a regular basis and eliminate the people and things that tend to waste your life.

For the vast majority of people, procrastination, creative avoidance, or "I just need to do this one more little thing first," often sneaks in and before you know it you're wasting your time and energy! We all have our own personal "energy wasters." Some people write lists, or insist the entire house be clean before they

start work (and then are too tired from cleaning to do their work) or even get so caught up into cyberspace that they do little else.

What are your energy wasters? Remember that other people can be energy wasters as well. Do “friends” call you just to vent their bad day all over you, leaving you mentally and emotionally drained? If they do this more than once in a blue moon, they’re just wasting your time. If they need to vent that frequently (and it’s usually the same saga over and over again) they need professional therapy, not a friendly shoulder to cry on! Don’t let others abuse you, no matter how bad you may feel for them. Put yourself first, you deserve it!

Most people today, especially women, are socialized to be “givers.” They always, without fail, put themselves dead last. They’re left feeling drained and neglected for it, and their family and friends feel the results. What’s the best way to keep yourself sane and mentally available for your family and friends? **Taking regular time out to recharge, of course!**

Taking regular “me time” is essential. It is NOT selfish! On the contrary, it makes you better able to be there for your loved ones. Whether it’s a bubble bath or a walk on your favorite trail through the woods, do it regularly! Once a week just isn’t enough. **Aim for taking at least a half hour of time for yourself every single day** (an hour would be better). Your mental health depends on it!

Did you know?

A recent study has shown that people who take a ten-minute break for each hour of work continue to work much more efficiently for hours longer than someone who only takes the standard fifteen-minute break every 4 hours. If you’re self-employed or have an open-minded boss, you’ll want to try this and see what an incredible difference it makes in productivity! Remember that those who are the visionaries and the innovators get the promotions!

DON'T WATCH THE NEWS

I know this is going to sound odd but one of the biggest saviors to my mental health has been following this rule.

Does watching the violence and tragedy on the nightly news really do your psyche any good?

Get out of the habit of watching the news, especially right before bed. Your psyche just doesn't need to deal with that sort of rubbish. Violence and tragedy get the ratings. Only rarely do we see a story praising the good things that people do.



Do you really need to know that hundreds of people that you don't know were buried by a mudslide on the other side of the planet? Does it do your heart or mind good to see them carrying tiny bodies out of rubble? Does it really matter to you that the leaders of countries are warring just the same as they have for the last 2,000 years? NO! Why listen to the depressive, distasteful, and unkind acts of others? Why help perpetuate the violence by paying attention to it? Read a good book or browse an Internet forum that interests you instead.

USE A JOURNAL

Something that I highly recommend to all of my clients is to keep a journal and pick a time, usually right before bed is best, to write down your thoughts, feelings and accomplishments for the day. **The process of writing down the issues that are causing you stress helps you to release those issues before you go to sleep.** It also allows you to go back



and see how much you've changed over the years. Keep your journal at your bedside and write down any unusual dreams as well, as your psyche will often give solutions to your problems through your dreams.

Journaling is a great way to resolve subconscious issues as well. Often, you'll be surprised what's found its way onto the paper.

One last way to maintain your mental health is to...

DO SOMETHING COMPLETELY DIFFERENT IN YOUR FREE TIME

A good way to achieve balance is to do something completely different from what you do at work during your free time.

What do you do for a living? If you're an IT professional, try not to spend all of your off-hours surfing the 'Net' or chatting in cyberspace. Get outside and enjoy a walk on the beach or play a game of touch football with the guys. If your occupation has you outside all day long, you very well may want to explore the virtual realm or enjoy a game on the PS2 or Xbox when you come home. By **balancing your work life's environment with it's opposite** during your free time, you "unwind" and "de-stress" much more effectively.



SECTION SUMMARY

Ways to develop a healthy mind include:

- Maintain a Positive Mindset
- Control Stress
- Avoid Energy Wasters
- Don't Watch the News
- Empty Your Mind in a Journal
- Do Something Different

A Healthy Spirit

Your Spirit is who you are. It's what other people see when they look deep into your eyes. Let your Spirit soar!

We've now made small but powerful changes to regain our physical and mental health. But there's one last and integral part of our beings to be aware of...our Spirit.

How can you heal your Spirit? By taking these simple steps to nurture your Spirit, you will empower yourself to accomplish anything that you set your mind to achieve!

Do what you love,
love what you do, and be
grateful for the
opportunity!

Start by:

DO WHAT YOU LOVE

"Do what you love and the money will follow." This saying is absolutely true, but only if you put in the effort to make it happen. Even the most timid entrepreneur can find success when she's motivated and inspired by her passion for doing what she loves! When you do what you love, you look forward to getting up every morning. You can't wait to get to work; and not only that, but you can't believe you get paid to play all day! It's an incredible feeling.

Explore what you're passionate about. Then ask yourself how you can turn it into a business.

On the flip side of the coin:



LOVE WHAT YOU DO

Again, this tip has to do with our fundamental freedom of choice. We choose how we feel moment to moment, so why not feel happy and love every minute of life? No one can make us feel any particular way unless we choose to let them. It's how we choose to react to the circumstances around us that spark our emotions.

By remaining centered and focused and living each moment to its fullest, you can choose to love what you do, no matter what. Know that whatever is going on around you, you are exactly where you're supposed to be, doing exactly what you're supposed to be doing and learning just what you came here to learn in each moment. No matter how "bad" things may seem, all things are impermanent. Good or bad, all things shall pass. You simply cannot get it wrong!

It's equally important to...

HAVE AN ATTITUDE OF GRATITUDE

Gratitude is the key to peace of mind.

You can always find at least one positive aspect in every person or situation, no matter how dire things may seem. When you're confronted with a stressful situation or person, take a moment to write down as many positive aspects about the issue or person as you can. Appreciate those positive aspects. Visualize the person radiating those good qualities.



Be thankful!

See how much better you feel? See these qualities the next time you encounter the person. She'll either show you that awesome persona or vibrate right out of your existence!

When life provides you with what you don't care for, be thankful...because experiencing what you don't like will help you be far clearer on what you DO want!

One of the best pieces of advice I've ever received was:

REMOVE UNHEALTHY PEOPLE FROM YOUR LIFE

I posed the following question during one of my seminars:

“Very few people are healthy enough to have a front seat in my life. How about you? With whom do you share the front seat of your life? Do they inspire and motivate you, or do they drain and exhaust you?”

There's no good reason to keep unhealthy and dysfunctional people in your life.

Take the time to answer these questions for yourself. Learn who the major players are in your life, and why you keep them around. ***There is no reason good enough to allow another person, no matter who they are, to impede upon your happiness.*** Don't let anyone push their way into the forefront of your life. Simply explain that you have neither the time nor the inclination to deal with the drama and refuse to hear any of it. Be firm. Soon, they'll realize that you won't let them play out their never-ending tragedies with you and they'll find someone who will.

STAY MARRIED

Sometimes, we need to remember the wisdom of our great-grandparents in order to nurture our Spirits to their fullest. One of the most soul-satisfying and time-tested ways of maintaining Spiritual bliss is to stay married.



It's a fact that married people are healthier, happier, and more effective. They also miss less work and live longer than either unmarried or divorced people.

Married people tend to be healthier and happier—but you have to work at staying married.

You can always rekindle your romance. Find new and interesting ways to rediscover the passion you have for your spouse. Don't be afraid to seek counseling if you need to. A great marriage is worth working hard to achieve, and make no mistake, it takes a lot of work to build and maintain a solid marriage...*you knew it wasn't going to be easy from the start, didn't you?* By taking the time to nurture and protect your marriage you're ensuring that you live a longer, healthier, happier life.

When I asked someone who'd been married over 50 years, "What is the secret to a long and happy marriage?" he said without hesitation, "I stayed married." It's that simple...really! "I...*stayed*...married..." Brilliant!

Another Spirit-lifting tip that goes hand-in-hand with staying married is:

MAKE LOVE NOT WAR

What has the power of 11 sneezes, can boost your immune system, increase circulation, and relieve stress all at the same time? That's right...an orgasm!



Regular orgasm, whether with your spouse or solo, has been proven to have all of those benefits and more. They can relieve migraine pain, do away with menstrual cramps, and even cut the duration of a bad cold in half! Plus, sex with your spouse provides of plenty of sanity-saving skin-on-skin contact, fosters physical, spiritual and emotional intimacy, increases self-esteem, and relieves any animosity between the two of you. In other words, making the time for regular playtime with your spouse works wonders for your mental, physical and spiritual health. So stop making excuses and enjoy each other!

One of the best overall Soul-redeeming lessons we can learn is how to:

FORGIVE, COMPLETELY AND TRULY

Those who can't forgive are forever stuck in the past.

Forgiveness allows you to move on with your life. **Until you forgive past hurts, you're stuck carrying around baggage that affects every relationship that you have.** Forgiveness does not mean forgetting. You neither have to agree with nor approve of the other's actions in order to forgive them.

Realize what the experience taught you, be grateful for having learned what you did and for becoming a stronger person for it, wish them well, ***and let it go!*** You'll be amazed at how much mental, physical and spiritual energy that completely forgiving others who have hurt you frees!

CHAPTER SUMMARY

Building a healthy spirit involves:

- Do What you Love
- Love What you Do
- Have An Attitude of Gratitude
- Remove Unhealthy People from Your Life
- Stay Married
- Make Love
- Forgive Completely

Conclusion

What we've learned and where to go from here.

CONGRATULATIONS! You have now integrated “**The Little Things That Improve Your Health**” into your life and you now possess all of the tools you need to become the happy, healthy, and successful person you’ve always known you could be! I’m so pleased that we’ve made this journey to your good health together. As you progress along your path to fabulous health, realize that while you may encounter obstacles along the way, you have the strength and power within you to overcome anything!

You are now more energized and fit. Your body will keep working for you for years to come. You have the strength to get through your day, to carry your groceries and children, and to be able to do so many more things for yourself. Your mind is powerful and your positive outlook on life is truly an inspiration to those around you. Your connection to Spirit is strong and you have the knowledge and skill within you to deal with everything life has to offer! Wow! What an amazing transformation! Good for you!

Now you have learned that by caring for your body, mind and spirit by making little changes in your life, you can and will achieve both your physical and life goals with ease. You’re well on your way to a healthy and fit new you for a lifetime! I hope that you have enjoyed listening to this audio as much as I have enjoyed creating it. I wish you every success and happiness that life has to offer. Please let me know how my plan has worked for you! You can find me at www.balance-your-health.com or at www.BalancedHealthBlueprint.com. I look forward to hearing from you.

Hiram

Certified Fitness Nutrition Coach and
Personal Fitness Trainer (NESTA)

For information and resources on a balanced approach to health, visit us on the Web at: www.Balance-Your-Health.com or at www.BalancedHealthBlueprint.com

Bonus Materials and Worksheets

Now that you have finished reading “The Little Things That Improve Your Health,” you’re ready to put the principles that you learned there into action. The following materials and worksheets will help you do exactly that.

First, you’ll create an exact vision of the type of body you want to have along with a clear picture of how you want to live your life. You’ll then set goals that will begin to take you in the direction of your dreams. The worksheets will help you set goals that are **SMART**—specific, measurable, action-oriented, realistic, and time-based.

Next, you’ll learn about the 3 basic categories of exercise: **aerobic, cardio,** and **strength** exercises. After reading this section, you’ll realize the differences between the 3 categories and understand why it’s important to have all three as part of your exercise routine.

It’s our sincere wish that you will take this material and use it to achieve whatever state of health you wish to obtain. Now that you have the information, it’s really that simple. *All you have to do is to begin...*

Here’s to your better health!

Hiram

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NOTE: The information in this publication is not a substitute for medical advice or designed to treat specific conditions. You should always seek professional medical care for any specific health issues and consult with your physician or healthcare provider before starting any new fitness regimen or diet program.

Goal Worksheets: Design a New Life

Setting goals are an important part of any health program. Although you should try to push yourself to some extent, make sure that your goals are realistic and achievable. Better a “lose-an-ounce-per-day” goal that you stick to than a “lose-a-pound-per-day” goal that falls by the wayside. You should also set “SMART” goals. These are goals that are:

- **Specific.** Exactly what do you want to do? Gain/lose weight? Improve cardio? Eat better? How will you do it? Why exactly are you doing it?
- **Measurable.** Exactly how many pounds will you lose? How will you measure your progress? How will you know when you’ve succeeded?
- **Action Oriented.** What kinds of actions or activities do you need to take? What will you do about it? Break your goals down into simple activity lists and then do each activity one at a time.
- **Realistic.** Are your goals realistic and achievable? Do you *really* believe you can do it? Don’t set yourself up for failure by shooting for goals that are unrealistic. Set small goals that you know you can achieve and use the confidence from those successes to tackle larger and larger goals.
- **Time-based.** By what date do you want to have your goal accomplished? Two weeks? Two months? Set a specific deadline.

So let’s begin:

THE NEXT SIX MONTHS: DESIGNING A NEW LIFE

Take a deep breath and visualize what you’d like to accomplish over the next six months in the areas of physical fitness, mental health, and spirituality. Take your time and paint as clear a picture as you possibly can. Actually see yourself acting, behaving, and being the person you want to become.

1. What kind of body would you like to have at the end of six months? *(be specific: list measurements, dress size, etc)*

2. What changes do you need to make in the foods you eat?

3. What habits or behaviors would you like to change, modify, or drop altogether?

4. In what areas of your life do you need to reduce stress and negativity?

5. How often will you “empty your mind” into your Personal Growth Journal?

6. Do you need to find or develop your passion, something that you love to do?

7. Are there any relationships you need to work on?

8. Who do you need to forgive? *(make sure you **forgive yourself first** for example, for not taking better care of your body, for not exercising, for putting things off, etc.)*

SIX-MONTH GOALS: BRINGING THE DESIGN TO LIFE

Now that you have a clear picture of the person you want to become, it's time to begin to turn these pictures into specific actions that you can begin work on. For each of the eight areas in the previous section, set a SMART goal that you feel you can accomplish within the next six months (use additional paper—or better yet, use your **Personal Growth Journal**—you *do* have one, don't you?).

For example, if you saw yourself with a body in Question 1 that was 20 pounds lighter, your goal might look something like this (assume your current weight is 140 lbs):

- Specific:** My goal is to have a fit and healthy body that weighs 120 lbs. (**Note:** your goals should always be stated in the positive.)
- Measurable:** I will know I have achieved this goal when I can step on the scale and it reads 120 lbs.
- Action-Oriented:** I will accomplish this through making better choices in my daily meals and through exercising for at least 20 minutes, three times a week.
- Realistic:** To reach this goal, I need to lose approximately one pound per week—something that I know I can accomplish.
- Time-Based:** I will accomplish this goal within the next six months.

CHECK YOUR GOALS FOR CONSISTENCY

Once you've got a list of goals, check them against the following points. Make any revisions that might be necessary. You want to make sure that all of your goals are working together and taking you in the direction of your dreams. Make sure that your goals:

- **Are always stated in the positive.** Don't say you want to "lose 20 lbs" because the word "lose" has a lot of negative connotations. How do you feel when you lose your keys, for example? Distressed? Angry? So your subconscious mind begins to equate *anything* that you lose as a bad thing. Instead, use the positive affirmation, "I am 20 lbs lighter" or "I am a fit and healthy 120 lbs." Goals should always pull you in a positive direction.

- **Visualize the end result.** Once you state your goals in the positive, picture in your mind the goal already achieved. For example, if your goal is to weigh 120 lbs, close your eyes and “see” in your mind’s eye a clear picture of yourself at 120 lbs. Notice how you look, how you feel, how you move, what others say, and so on. Make the picture in bright color, and actually imagine yourself hearing all of the compliments. Actually feel the emotions that this brings on. If you take a specific goal, visualize the end result, and then wrap it with good feelings, you’re sure to succeed!
- **Are consistent with your values.** Make sure your goals do not conflict with any of your values or beliefs. You may actually have to dig deep in order to discover some values and beliefs that you didn’t even know you had. For example, the reason you may have a hard time losing weight might be because you grew up being told to clean your dinner plate because “there are starving children” in other parts of the world. As an adult, you might have a hard time leaving food on the plate and not even realize where that habit comes from.
- **Are consistent with your other goals.** You also need to check to make your goals do not conflict with each other. For example, your goal of spending 2 hours at the gym every evening might conflict with your second goal of spending more time with your family. Make sure your goals work together and support each other.

WEEKLY GOALS: MAKING THE DREAM A REALITY

Continue to break down your goals into smaller action steps. For each of the goals that you set in the previous section, identify and set a schedule for the specific actions or activities you will do during the week.

For example, if your goal was to have a fit and healthy body that weighs 120 lbs and you plan to do this by exercising for at least 20 minutes, three times a week, then **take out your calendar or planner and actually schedule it.** In other words, ***make an appointment with yourself*** (or your gym) and give it the same priority you would any other appointment. Be sure you include:

- **Exactly what you are going to do.** For example: Stretch for 10 minutes, jog for 5, walk for 5. An alternate way is to list the actual activity such as: Do 10 jumping jacks, 10 pushups, and 20 sit-ups. If your exercise program includes weight training, you can also list the types of exercises, the number of sets and reps. In other words, make a list that you can check off

as you complete the exercises. Nothing makes you feel better than to say “Did it!” as you check the item off a list.

- **Exactly when you plan to do it.** For example: Monday from 6:30 am to 6:50 am; Wednesday from 7:00 pm to 7:20 pm; Friday from 7:00 am to 7:20 am.

STAYING ON TRACK: THE WEEKLY REVIEW

At the end of each week, take a couple of moments to review your progress on each goal. Use the following scale to rate each goal. The purpose of this is so that you can see where you are making progress and where you need to apply yourself a little harder. If you see that you have not made any progress on a particular goal for several weeks, you should take a hard look at that goal. Is it still appropriate? Is it still realistic? **Never beat yourself up over a lack of progress on a particular goal. Simply change it, revise it, or drop it for a new one if necessary.**

At the end of each week, rate each of your goals on a scale of 0 to 5 with **0 indicating “No Progress”** and a **5 indicating “Nailed It!”** Make a Weekly Rating Chart in your Personal Journal to track and review your progress. For example:

Goal # 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
5										x	x	x
4	x		x	x					x			
3		x			x							
2						x		x				
1												
0							x					

Charting each of your goals on a regular basis allows you to see where you’re making progress and where you need to increase your efforts. Although charting is a valuable exercise, make sure that you actually spend more time working on your goal than you do charting them! One last word of advice—don’t get discouraged if your chart shows little or no progress. It’s simply a sign that you either need to get serious about that particular goal or you need to change or drop that goal altogether. Whatever you decide to do, make sure that you continue moving forward.

Balance Your Exercise Routine

In order to get your body in top physical condition, you have to exercise. It's that simple. But what's not simple is choosing the right type of exercise. There are all kinds of exercise programs being advertised that claim to be all you need. *Just send in \$19.95 to the address on your screen... Yeah, right!*

So how do you know what exercise routine is best? Well, first you have to understand that there are different categories of exercise and that each category provides your body with a specific benefit.

It's kind of like food—we all know that there are different food groups (carbohydrates, proteins, fats, and so on) and that each food group provides different nutrients to our body. In order to have a balanced diet, you should include food choices from each food group. Exercise works the same way. In order to have a balanced fitness routine, you should include exercises from each category.

So what are the different exercise categories? They are:

AEROBIC EXERCISE

The word “*aerobic*” means “...*active in the presence of oxygen*” (Oxford American Dictionary). Aerobic exercises are those activities that increase the body's intake of oxygen. Examples include walking, bike riding, swimming and canoeing. Sounds like pretty laid-back activities right? Not exactly the heart pounding, sweat pouring exercise routines we learned in High School—but that's exactly the point.

If you exercise too vigorously, your body quickly goes from an aerobic state (with oxygen) to an anaerobic state (without oxygen). You know you've reached this state when you begin to breathe hard and it becomes more and more difficult to talk normally—kind of like when your High School coach made you run laps. Feeling “out of breath” is your body's way of telling you that it's starved for oxygen.

However, the sharp pain in your side from breathing hard is not the only downside of exercising too hard. During anaerobic exercise—like running sprints, playing racquetball, or any other activity where you run out of breath—your body burns mostly carbohydrates and very little fat. That's why many runners “*carb up*” before a big race—and also why many runners have just as much body fat as the rest of us.

How is aerobic exercise different? Well, one important difference is that when it's done correctly, most of the calories that are burned during aerobic exercise are from fat—something we all want to lose. A second advantage is that most aerobic exercises are low impact making them very suitable for people who are starting their exercise program late in life or for those that have weak joints or injuries.

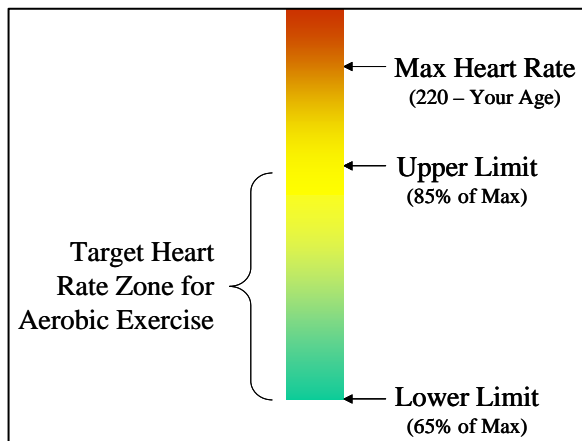
How do you perform aerobic exercise correctly? The key is to choose an activity that keeps your heart rate in a specific aerobic target zone. The first thing we have to do is to calculate our own individual Heart Rate Target Zone. Here's how:

First, calculate your Maximum Heart Rate by subtracting your age from 220. For example, if you are 40 years old, then your Maximum Heart Rate would be $220 - 40$ or 180 beats per minute.

Second, we need to set the Lower Limit of your Target Heart Rate at 65% of your Maximum Heart Rate so we'll multiply your Maximum Heart Rate by 0.65. In our example, this would be 180×0.65 or 117 beats per minute.

Third, set the Upper Limit of your Target Heart Rate at 85% of your Maximum Heart Rate so we'll multiply our Maximum Heart Rate by 0.85. In our example, this is 180×0.85 or 153 beats per minute.

In this example, we would want to exercise at a level where our heart rate stays within our target heart range of 117 to 153 beats per minute. The longer we can keep our heart rate at the lower end of the range, the more oxygen is available to burn fat. If we allow our heart rate to go up, the body begins to switch over from burning fat to burning carbohydrates so for best results, keep it slow and steady. The



best part of aerobic exercise is that you can choose any activity you like—from biking to housework—and all you have to pay attention to is your heart rate. Shoot for staying within your target rate for 20-30 minutes at a time, 2-3 times a week.

An easy way to measure your heart rate during exercise is to place your index and middle finger (do not use your thumb) on the pulse at your wrist or on the side of your neck. Count the number of heartbeats in a 10 second interval and multiply the result by 6. That should give you beats per minute.

It's counterintuitive to believe that slowing the pace of your exercise actually burns more fat but it's a fact. Keep your heart rate at the low end of your target range and enjoy the results!

CARDIO EXERCISE

The second category of exercise includes those activities that strengthen the cardiovascular system. This type of exercise tends to be the opposite of aerobic exercises. These exercises *ARE* the heart pounding, sweat pouring exercises you did in High School—but there's nothing better to get your cardio system in shape.



Exercises like tennis, racquetball, or jogging help strengthen the muscles of the heart and respiratory system. The down side is that cardio exercises tend to be medium to high impact making them hard on the joints, especially the knee and ankle joints. However, the benefits of cardio exercises are so great that this should not prevent you from adding them to your overall exercise routine. It does mean that you'll have to take extra care to prevent injuries.

When performing cardio exercises, be sure to:

1. Start **SMALL**. Don't go sign up for the Boston Marathon—at least, not yet. Start small and pace yourself. It's critical that you give your body time to heal and build strength between workouts. If you try to push yourself too hard, you'll injure yourself and delay your entire program. Start out by getting your heart rate up around your Maximum Rate for a total of 2-3 minutes. Do this for a week and then try to increase your workout by 2-3 minutes each week. Work up to the point that you can maintain an elevated heart rate for 20-30 minutes at a time—and then do this 2-3 times per week. This is all you need to do to keep your cardio system in top condition.
2. Always Warm Up by Stretching. Since cardio exercises are usually pretty intense, it's critical that you always warm your muscles up by doing some light exercise and stretching before you begin your routine. Stretching also improves flexibility, increases blood flow, and most importantly, reduces the chance of tearing or injuring a muscle during your workout. This part of your cardio routine is not optional—always spend at least 10 minutes warming up by stretching.
3. Drink Plenty of Water. You should already know the importance of keeping your body hydrated. This is especially true during a cardio workout session since your body will lose a lot of water through perspiration. Make sure you drink plenty of water during your workout.

4. Don't Get Overheated. Be especially careful about performing cardio exercises on hot, sunny, or humid days. Pay close attention to your body and stop if you begin to feel dizzy or nauseated.
5. Always Cool Down by Stretching. Like the warm up, the cool down period is critical in order to prevent injuries. Always allow your muscles to cool down and your heart to slow down by stretching for a couple of minutes after your workout.

STRENGTH EXERCISE



The third category of exercise is designed to improve overall muscle strength. I'm not talking about trying to look like the muscle-bound guys at Venice Beach. I'm talking about exercises that will keep you from throwing out your back every time you go to pick up your grandkids. Simple strength exercises can create a significant increase in the quality of life for many people—everything from being able to carry a sack of groceries to climbing a flight of stairs. However, like cardio exercises, it's important to start small and slowly build strength bit by bit.

Performing strength exercise does not necessarily mean purchasing an expensive gym membership. A set of 5 or 10 pound free weights that you can use at home will do just fine.

There are an unlimited number of ways that you can lift weights and a full treatment of them is beyond the scope of this book. But there's really no need to get that complex. Simply follow the following guidelines:

1. Exercise All Major Muscle groups. This includes the arms, chest and midsection, upper and lower back, and legs. Unless you're planning to enter the Mr. or Ms. Universe body building competition, don't worry about trying to exercise your muscle groups on different days (ie: doing "legs on Monday" and "arms on Tuesday"). Shoot for a balanced, overall workout with light to medium weights 2-3 times per week.
2. All of the Cardio Guidelines Apply to strength exercises so make sure to:
 - a. Start SMALL. Don't try to bench-press 300 lbs your first time out.
 - b. Always warm up.
 - c. Drink plenty of water.
 - d. Don't get overheated.

- e. Always cool down.
3. Vary Your Routine. Remember that strength training does not always equal weight lifting. True, weights are an important part of strength training but you can also include sit-ups, chin-ups, and push-ups to your routine as well.

PUTTING IT ALL TOGETHER

So how do you put it all together into a *balanced* exercise routine? It's pretty straightforward. You should aim to do 20-30 minutes of each category of exercise (aerobic, cardio, and strength) 2-3 times each week. Although I know that most of you will try to do all your exercises at once in order to "get it all over with," it's actually much better to space out your exercise sessions to allow your body to rest in between.

An ideal routine would be to perform one category of exercise in the morning, one in the afternoon, and one in the early evening. Can't exercise while you're at work? Sure you can! Get some aerobics in by taking a brisk walk around the block during lunch or deliver that report to the 3rd floor by taking the stairs.



Other tips include:

1. Stay Consistent. More important than what type of exercise you do is to exercise consistently. Each small improvement you make in your health stacks on top of previous improvements. Don't skip a week thinking that you'll make it up next week. It doesn't work that way. Stay consistent.
2. Vary Your Routine by mixing different exercises from different categories if you can't do them all. It will prevent you from getting bored and it will work your body in new and different ways.

3. **Perform Aerobics First.** Since you need to keep your heart beat at the low end of your target range in order to burn the most fat, do your aerobic exercises before doing any strength or cardio exercises.
4. **Schedule Your Exercise Routine.** That's right, set an appointment in your date book. Block out a time period and set a time like you would any other business appointment. Your health is at least as important as your business appointments, don't you think?
5. **Try Resistance Bands.** Purchase a set of resistance bands and add these to your strength routine. You can carry resistance bands with you anywhere and use them whenever you get a few spare moments.
6. **Use Hidden Opportunities.** All of us have "hidden" opportunities to exercise such as taking the stairs instead of the elevator, parking at the end of the mall parking lot instead of near the door, using a hand basket at the store instead of a shopping cart, and so on. Use these hidden opportunities to get in some strength or aerobic exercise. The amount of exercise you get in isn't important. What is important is that you do it.
7. **Have Fun.** Make your exercise routines fun in any way you can think of. Play your favorite music, wear Spandex, exercise with friends—whatever puts a smile on your face and makes you feel great inside!
8. **Keep Going.** Keeping your body healthy and fit is a lifelong pursuit. That's just the way life is. Don't worry and fret about it—just keep going!

Activities That Burn Calories

If cleaning up around the house and yard isn't "work," then why are you so tired at the end of the day? Truth is that you can burn quite a few calories just working around the house. The following chart lists the **number of calories burned every 15 minutes** performing some of the routine tasks that all of us do every day or on the weekends.

To use the chart, simply find the weight closest to your body weight on the top row. Then find the household activity you're doing in the left column. The number that's listed where these two intersect is the approximate number of calories you will burn for every 15 minutes you spend performing that activity.

The lesson? Look for opportunities to exercise in every thing you do. Want to burn even more calories? One simple thing you can do is to "pump up the volume" and increase the intensity of whatever you're doing. **Remember, every little improvement stacks on top of your previous successes!**

Calories Burned for Every 15 Minutes of Activity

Household Activity *	100 lbs	120 lbs	140 lbs	160 lbs	180 lbs	200 lbs	220 lbs	240 lbs	260 lbs	280 lbs	300 lbs
Gardening	45	54	63	72	81	90	98	108	117	126	135
Housework	45	54	63	72	81	90	98	108	117	126	135
Ironing	25	30	35	40	45	50	55	60	65	70	75
Mopping the Floor	42	51	60	68	77	85	94	100	110	119	128
Mowing the Yard	68	81	95	108	122	135	150	162	176	189	203
Raking the Yard	38	45	53	60	68	75	83	90	98	105	113
Scrubbing the Floor	70	84	98	112	126	140	154	168	182	196	210
Grocery Shopping	30	36	42	48	54	60	66	72	78	84	90
Trimming the Hedges	53	63	74	84	95	105	116	126	135	147	158
Vacuuming the Floor	38	45	53	60	68	75	83	90	98	105	113
Walking to Store	40	48	56	64	72	80	88	96	100	112	120
Washing the Car	38	45	53	60	68	75	83	90	98	105	113
Waxing the Car	50	60	70	80	90	100	110	120	130	140	150
Weeding the Garden	50	60	70	80	90	100	110	120	130	140	150
Window Cleaning	38	45	53	60	68	75	83	90	98	105	113

* Keep in mind that these numbers are approximate numbers and may change based on your actual body weight, metabolism, level of intensity, and specific activity.

Notes and Personal Commitments

This information is worthless unless YOU turn it into action. Take a moment to review what you've learned in this section and then make a personal commitment to do something about it.

What I've Learned from this Book...

What I Plan to do About It...

About www.BalancedHealthBlueprint.com

Tired of not being able to get a straight answer to your health-related questions? Tired of one health “guru” telling you one thing and then having another one tell you something different? Then the information at www.BalancedHealthBlueprint.com is for you!

Full of commonsense articles and information, the Balanced Health Blueprint will answer many of your questions concerning good health and fitness.

This site is not for body builders or bikini models. It’s for the average person trying to fit in a little exercise and good nutrition in the middle of their normally hectic work and family life. We don’t promise overnight success and we’re not going to kid you about the effort it takes to get and stay healthy.

So stop by and take look around. You’ll be glad you did!

Here’s to your better health!

Hiram

Certified Fitness Nutrition Coach and
Personal Fitness Trainer (NESTA)

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