



**EXPERT DIABETES REVERSAL STRATEGIES**

*Transforming Women's Wellness*



# *Top 10 Steps to Health*

A Checklist for Busy Women

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## A Checklist for Busy Women

- Have a morning routine. Include basic get up and dressed things as well as some time to get your mind in gear for the day through some quiet, reflective time - some time in the Word, prayer, priority setting for the day are all ways to implement this.
- Stay Active! You don't have to go to the gym, just think about ways to keep moving, get up out of that chair at least once an hour, enjoy some sunshine and fresh air while you are at it.
- Power your body with Plants! Be intentional about including large quantities of plant foods on your plate every meal. Work up to it if you aren't doing it yet. Enjoy a rainbow of color as you rotate through the huge of variety of fruits, vegetables, legumes/beans/peas/, nuts and seeds prepared in simple but tasty ways.
- Make sure you get some belly laughs in every day. They increase your endorphin levels and help decrease pain and inflammation.
- Make time for fun and relaxation! Play a game with your family or friends, attend a musical event, or grow some beautiful flowers. Get this time in at least once a week if not every day.

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- Be intentional about getting high quality sleep. You need an average of 8 hours a night, starting as long before midnight as possible. If you snore (or your partner say you do!) get a sleep study done.
- Don't ignore pain, change in function, or change in your body's appearance. These can be warning signs of illness or disease and catching it early always results in better outcomes. We women tend to ignore these things.
- Make sure you are checking basic lab work, like Hemoglobin A1c levels and cholesterol, at least once a year.
- Make time for social and community building activities. We were created to live in community and not walk through life alone. You need at least 5 people in your close circle of confidential friends for great health. You can find these people in groups around hobbies and interests you might have, your faith community, or your neighborhood.
- Stay Hydrated! Drinking water is the absolutely best way to do this. Take your weight in pounds, divide by 2, and that equals the number of ounces you need a day, minimum. (1 cup of water is 8 oz.) Need increases with exercise, ambient heat, pregnancy and lactation.