

**TOP 3 MUST DO SECRETS to
START LIVING HEALTHY NOW!**

PLUS ...

**The TOP 3 BIGGEST MISTAKES KEEPING you from
LIVING LIFE HEALTHY!**



AND...

BONUS...TIPS for YOU!

10 Practices for a Holistic Healthy Lifestyle!



Live from Within...

Amazing Wellness for LIFE: Health & Vitality: Body, Mind and Soul

"Inspiring and Empowering YOU to LIVE YOUR HEALTHIEST LIFE!"

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Dear Lovely~

Thank you for joining our Holistic Healthy Lifestyle Community! Please enjoy this guide with *lifesaving secrets* that I've created especially for **you!**

It seems that I'm always receiving questions about health and chatting with people who are ready to improve their health. There's been a constant underlying theme among all....they are overwhelmed with where to begin! Can you relate?

That's why I decided to put together this very simple guide with my TOP 3 Must DO SECRETS along with the TOP 3 BIGGEST MISTAKES (to eliminate) so that you can START LIVING HEALTHY NOW! This is meant to be a simple and quick resource that will help give you a **KICK START** right from wherever you find yourself at this moment!

Please feel free to print out this guide!

My hope for you is that this information will be EMPOWERING, INSPIRING and will guide you to **begin** living your healthiest and best life NOW!

KEEP IN MIND; this is merely a little KICK START to help inspire you to take the next step! If you are ready to take a leap and make some LIFE **lasting changes**, I invite you to enjoy a complimentary call with ME~! In this call you will have the opportunity for a personalized Mini Health Assessment; and I will also provide you with IMMEDIATE health RECOMMENDATIONS based on your Health Assessment along with options to take the next step!

Simply JUMP on and confirm your time with me here:

<http://michelleverdugo.com/help-with-nutrition/>

Love & Healthy Blessings~



**** As you begin to be inspired to make healthier choices and are eating more whole - real food, your body is renewing from the inside~!
You are resetting yourself for a Healthy & Successful Lifestyle...A Vibrant LIFE!
You are creating your new footprint~! ****

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TOP 3 SECRETS to START LIVING HEALTHY NOW!

Time BEGIN BALANCING your body: avoid the mid-day crash, signs of being worn down, sick, lacking energy, overall not feeling well... Those are signs that you must pay attention to! YOU ARE READY! Here are my TOP 3 MUST DO SECRETS for you!

#1 – CLEAN UP YOUR DIET

To start feeling good from the inside out; you'll want to eliminate ACIDIC foods from your food and drink! ... You must CLEAN UP what you put in your body and DITCH these from your Daily Regime!

- Coffee & Black Teas
- Sugar & Processed Foods & Dairy
- Alcohol

#2 – PLAN TO GET MOVING!

Add 30 minutes minimum of BODY MOVEMENT DAILY! Go for a walk, stretch, take a yoga class, jump-rope! You get the idea...! I encourage you to schedule it and then DO IT! Schedule it daily, 6 days a week. You may need to start off a little slower, and that's ok! TIP: start with at least 2-3 days a week and then build into more times per week, week by week!

#3 -- START EVERYDAY with BREAKFAST!

It's a MUST DO! Your body has been fasting throughout the night so you want to rev-up with a nice healthy breakfast! You will kick start your metabolism but more importantly, you'll give your body energy through food to communicate with your brain and give yourself what it takes have a good day through sustained energy & nourishment! Having breakfast will also keep you from hitting the point where your famished and are running for unhealthy packaged, processed, fast food; right?

SOLUTIONS

Eat for ENERGY & your HEALTH!

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SOLUTIONS

Eat for ENERGY & your HEALTH!

Skip the sugary drinks, muffins, cookies, buns, processed foods, alcohol that'll give you a rush but soon cause you to crash! Instead, plan to for foods that give you energy, build your immune system & keep you FEELING GOOD - here are a couple of power packed snack ideas:

Greek yogurt with blueberries, green tea or any herbal tea, celery sticks with a little almond butter, sliced bell peppers with a little hummus! Aim to eat whole REAL food DAILY!



Healthy Lifestyle TIP:

***PLAN AHEAD and make eating REAL WHOLE LIVING FOOD a daily habit –
best to eat before you are starving!***

Check out some of my FAVORITE Healthy RECIPES here:

<http://michelleverdugo.com/healthy-recipes/>

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TOP 3 BIGGEST MISTAKES that are keeping you from LIVING HEALTHY NOW!

- STRESS in your Life
- LACK OF ZEN: SLEEP, TIME to RESTORE & RENEW your BODY
- POOR HYDRATION

ELIMINATE STRESS

Eliminate STRESS immediately! By taking time to get organized, focus on the present and always have a PLAN; you will begin to create a more peaceful life free of “stress.” Stress can wreak havoc on your body...it is a silent killer and MUST be taken seriously!

BE INSPIRED... Schedule TIME every day for meditation and/or prayer!

A little ZEN in your life WILL CREATE GOOD HEALTH! Research continues to grow with evidence supporting the claim that meditation is good for our health: benefits ranging from FEWER COLDS to pain management, less anxiety & depression, lower BP, lower cholesterol, improved sleep, on & on!!!

Simply start with as little as 5 minutes a day, before you sleep or when you wake or BOTH!

“How TO” TIP:

In a relaxed state, close your eyes, rest your arms & hands beside you or on your stomach, breathe by focusing on your breath starting with 10 deep breaths (focus on the inhale and then the exhale) AHHHHH~~~ Enjoy~!

It may seem cliché, but take a moment to “appreciate today!” Life is so precious, we don’t have a minute to waste being caught up with not feeling good, being unhealthy, strained relationships, upset, you know...Are you caught up in some

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kind of drama like that? Re-adjust yourself, dust yourself off, and grab that bull by the horns, face it eye to eye – clear it up and move on with JOY ~ for TODAY and for every moment to come!

Eliminating stress and creating a little ZEN in your life work well together! Simply make the effort to PLAN to PLAN!



HYDRATION to Cleanse, Hydrate and Purify your Body

WATER: Water is essential for your vitality! It's important that you aim to increase the amount of water you drink daily. Drink WATER DAILY and plenty of it! Water should be your main beverage of the day [everyday]. A couple of points; the more you weigh, the more you'll need to drink. As a general rule, an average adult should be drinking a minimum of 64 ounces daily. Beverages like coffee, tea, soda, sweetened drinks, or juice – do not count for your hydration health!

I'll let you in on one of my Simple Secrets to keeping my immune system strong & healthy!

I love living a healthy lifestyle and having the ENERGY to support it! It's PURE, CLEAN & SIMPLE...

Simply start EVERYDAY with hydrating your body by drinking a glass (8ounces) of purified WATER right after you wake up. Remember that for optimal health it's vital that you drink a minimum of ½ your body weight in ounces daily. If you're consuming dehydrating beverages like coffee, soda, sugary drinks, are exercising you need even more water daily!

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JUICY SECRET: I like to enjoy cleansing my body with a LEMON TEA, combine about 6 ounces of warm water with one whole lemon or lime completely squeezed in with the water!

I love LEMONS~! These are right from MY very own Lemon Tree!



“When life gives you lemons...Make lemonade!” ☺

Be in tune to what your body is telling you; if you're feeling sluggish/fatigue, are sick with a cold, flu or sore throat, body aches & pains, digestive issues or maybe you've been over doing it with eating too much junk food...use this method to begin to cleanse your body!

Add this daily practice to your life and please let me know how it goes!

BONUS TIPS for YOU...

PRINT this NEXT PAGE and PLACE somewhere you will see it EVERYDAY!

BONUS...TIPS for YOU!

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10 Practices for a Holistic Healthy Lifestyle!

1. Drink Water. It's what you're made of!



6. Eat your fruits.



2. Do your exercise!



7. Eat your vegetables.

3. Breathe fresh air.



8. Eat Whole Grains.



4. Go outside when the sun is out.



9. White if you choose meat.

5. Learn to relax.



10. Get to bed on time.



*Inspiring & Empowering Healthier Lives
Everywhere...*



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