

Your Body, Your Choices, Your Life:
The Real Health Guide
to Creating the Body You Really Want

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Table of Contents

1. Introduction
2. Where are you now?
3. Where are you going?
4. How will you get there?
5. Creating your Personal Action Plan
6. My Gift to You
7. About Anita

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1. INTRODUCTION

Everywhere you go, someone wants to tell you how to be healthy.

Sometimes you think you have to change everything.

Sometimes you think that if you could only change one thing, everything would just fall into place.

Living your best life is neither hard nor easy. It's the result of only one thing:
Your vision of you.

Creating your own personal health vision is the first step toward getting there.

If you can't see where you want to go, how will you know how to get there?

How will you know what roads will lead you to where you really want to be? How will you know whether the road you're driving on is taking you closer or further away? How will you know if you are just going around in circles?

Every day we are all bombarded with too many messages:

- Take ***this*** pill. Ask your doctor about ***that*** pill.
- Drink more of ***this***. Drink less of ***that***.
- Studies say this is ***good*** for you, but others say it's ***bad*** for you.

Is it time to end your confusion?

Are you ready to design your unique personal path to the healthy life you desire?

If you will spend just a few minutes with me and read this entire report, you may discover the breakthrough you've been looking for.

Print out these pages, or grab a notebook, or type your answers. The few minutes that you spend answering these questions will be well worth your time.

2. WHERE ARE YOU NOW?

In terms of your body, your weight, and your overall health, where are you right now? What are the top 3 things you that need your attention?

How do you feel about your weight? Are you right where you want to be or is there something that you would like to change?

How do you feel about your activity level? Is it difficult to walk, move, and exercise? Do you get out of breath easily? Or are you just too busy to exercise?

Considering everything that's going on in your life right now, and your answers to the previous questions, and the questions below, how would you rate your current state of health on a scale of 1 to 10? (10 = perfect)

- Are you getting sick too often?
- Do feel like you're taking too many medications?
- Are you spending too much time in doctors' offices?
- Are you missing work or missing out on fun things because you're sick?
- Are you tired a lot, depending on caffeine too much?
- Is it difficult to get enough sleep?

What's going on in your life right now that's preventing you from making healthier choices?

3. WHERE ARE YOU GOING?

It's been said many times, in many ways:

If you don't know where you're going, how will you ever get there?

Writing your answers to the following questions will help you to clarify your destination.

When you know where you're going, your healthy choices will be a lot easier because you'll be able to easily see which choices will help you and which won't.

The keyword here is **CHOICE**.

You choose where you want to go.

You choose the actions, habits, thoughts and beliefs that will get you there.

How do you see yourself a year from now?

How do you see yourself 10 years from now?

Now that you have a clear picture of where you're going ...

how will you get there?

The next section presents some choices you may want to consider.

You may not like all of them. You may already be doing some of them.

As you read, remember to breathe ... and allow yourself to feel which choices are the most important ones for you.

4. HOW WILL YOU GET THERE?

After many years of reading, researching, experimenting, and exploring, I have found that the following **lifestyle choices** form a strong foundation for a healthy and happy life.

1. Drink more water: Did you know that there are diseases and health problems that can actually be prevented by drinking enough water every day? They include: kidney stones, dehydration, constipation, fatigue, digestive problems, weight gain and stomach ulcers. Some people even believe that strokes and heart attacks can be prevented by drinking more water. This may sound like an extreme position, but most of us have never been taught about the benefits of drinking water.

When we're young, juices and sodas are fed to us by people who love us and believe that sugary drinks will keep us happy. As we get older, juices and sodas are constantly being sold to us by people who know that sugary and artificially sweetened drinks can potentially make us sick, but they want us to buy them anyway. So when do we break free from our addiction to drinks that are making us fat and sick? Are you ready?

2. Break up with dairy: Have you ever heard of the book, "Diet for a New America," by John Robbins? I read the book many years ago and one point John made about dairy really stuck with me:

A cow's milk has all the nutrition that a baby cow needs to grow as big as its mother.

Wow. Think about it. It's no wonder that low fat, non-fat and skim milk have become the norm. And yet, even after you take the fat out, cow's milk is still a food that was designed by nature for baby cows.

3. Let go of meat. Well, maybe not today. But think about it. Many studies have associated meat consumption with increased risks of disease. Here's what the Physicians Committee for Responsible Medicine says about meat:

"The World Health Organization has determined that dietary factors account for at least 30 percent of all cancers in Western countries and up to 20 percent in developing countries. When cancer researchers started to search for links between diet and cancer, one of the most noticeable findings was that people who avoided meat were much less likely to develop the disease."

Source: <http://www.pcrm.org/health/cancer-resources/diet-cancer/facts/meat-consumption-and-cancer-risk>

4. Love your vegetables and fruits: Too many of us grew up seeing vegetables as a side dish, something that really wasn't a necessary part of a meal. Today, we know that fruits and vegetables contain substances that are essential for our long-term health. Did you know that American Cancer Society recommends eating fruits and vegetables to reduce your cancer risk?

"Eating lots of fruits and vegetables can help reduce your cancer risk. That's one reason the American Cancer Society recommends eating at least 2½ cups of these foods every day. These foods contain important vitamins, minerals, phytochemicals, and antioxidants and they're usually low in calories. In general, those with the most color – dark green, red, yellow, and orange – have the most nutrients. Try to work in a variety of fruits and vegetables every day."

Source: <http://www.cancer.org/healthy/eathealthygetactive/eathealthy/add-fruits-and-veggies-to-your-diet>

5. Eat more often: The research on eating smaller meals has been very clear: Eating smaller meals more often is the best way to control your blood sugar throughout the day.

What does this mean? When you control your blood sugar, you control your energy. You control whether you feel focused or tired or groggy. **You control your whole life when you control your blood sugar!**

There's a reason why some of the most popular weight loss programs recommend using shakes three times a day as meal replacements, along with two or three servings of fruits or vegetables. I personally found that when I got serious about using shakes and vegetables and eating 5-6 times a day, **I was able lose 11 pounds in 14 days** and it felt effortless.

6. Get a divorce from sugar: The number of studies showing that sugar is bad for us is mind-blowing. And yet – we still crave it. The sooner you start cutting back, the healthier you will be. This study showed that people who consume a lot of sugar were more than twice as likely to die from heart disease:

*Over the course of [a] 15-year study, participants who took in 25% or more of their daily calories as sugar **were more than twice as likely to die from heart disease** as those whose diets included less than 10% added sugar. Overall, the odds of dying from heart disease rose in tandem with the percentage of sugar in the diet—and that was true regardless of a person's age, sex, physical activity level, and body-mass index (a measure of weight).*

Source: <http://www.health.harvard.edu/blog/eating-too-much-added-sugar-increases-the-risk-of-dying-with-heart-disease-201402067021>

7. Enjoy getting exercise: Are you one of those people (and I was one too) who will pay gym dues month after month and hardly ever go? Maybe working out at the gym is NOT your most practical form of exercise! For most people, you have to drive there, park, and drive home, and an hour workout can easily take two hours or more out of your day. Maybe walking 20 minutes a day in your neighborhood is the exercise that makes the most sense for you. Maybe walking on your lunch hour is something to consider.

Make your own personal list of 5 ways you can move more, and start experimenting. What do you like? What fits into your schedule? If you have to make some adjustments in your daily routine, the effort will be well worth it.

Here's what the Mayo Clinic says about exercise:

Regular physical activity can help you prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls. ...

Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem. ...

Source: <http://www.mayoclinic.org/healthy-living/fitness/in-depth/exercise/art-20048389>

8. Sleep well. There are many, many reasons why many of us don't get enough sleep. Insufficient sleep has been associated with the onset of illness including diabetes, heart disease, depression and obesity:

A good night's sleep is one of the keys to good health—and may also be a key to maintaining a healthy weight. There is mounting evidence that people who get too little sleep have a higher risk of weight gain and obesity than people who get seven to eight hours of sleep a night. ...

Researchers speculate that there are several ways that chronic sleep deprivation might lead to weight gain, either by increasing how much food people eat or decreasing the energy that they burn.

Source: <http://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/sleep-and-obesity/>

If insufficient sleep is an issue you're dealing with, consider doing something about it now. Some people may sleep better with a natural sleep aid such as a product containing melatonin. For others, there may be underlying causes that require medical attention. Improving your sleep will help you to improve your overall health in many ways.

5. CREATING YOUR PERSONAL ACTION PLAN

Now it's time to create your Personal Action Plan.

Review the answers you've written about where you are and where you want to be a year from now, and 10 years from now.

Review your rating of your current state of health.
Which healthy choices that will take you to a 10?

Select your top 3 choices and write about how you will make those choices a part of your life from this point on:

6. MY GIFT TO YOU

I hope this report has been helpful to you. Maintaining our good health is a challenge we all face and I feel that we need all the support we can get!

Would you like to further explore some of the healthy choices described in this report?

Would you like to know about other resources that may be helpful to you in your journey to better health?

I would like to offer you a free one-on-one 30-minute Discovery Session. During this session we will focus on:

- Helping to clarify your personal health goals
- Identifying the challenges that are preventing you from reaching your goals
- Creating a personal health vision for the next year to help you stay on track
- Getting your questions answered about how to be successful
- Tools you can use to make your journey easier

To schedule your free session, go to: *****
and select a time that is convenient for you.

Or if you prefer, you can email me:
anita@realhealthconnection.com

7. ABOUT ANITA

Anita is passionate about making a difference in people's health.

For more than 30 years, Anita has researched and personally explored a wide variety of approaches to living a healthy lifestyle. In a world of information overload, trendy diets, conflicting and confusing research and an overwhelming number of choices, Anita helps individuals to design a personalized wellness plan that is in line with their short-term and long-term goals.

Many people today are putting off the decision to make healthy changes. People are too busy or they just aren't sure what to do. As a result, too many are risk of being the victim of a major life-changing health event that might have been prevented.

That's why Anita is so committed to helping people and encouraging people to make healthy choices. She wants people to know that:

1. It doesn't have to take a lot of time.
2. It doesn't have to be complicated and hard to understand.
3. Support is available to make your choices easier.

Anita is the author of "From Resolution to Reality: How to Stay Fit and Lose Fat Forever," published in *Inspiration to Realization: Real Woman Reveal Proven Strategies for Personal, Business, Financial and Spiritual Fulfillment (Volume 2)*.

She is the founder of RealHealthConnection.com, a blog devoted to sharing inspiration, motivation and easy tips for healthy living.

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