



## HEALTHY LIFESTYLE QUICK START GUIDE

Maintaining a healthy lifestyle results in more energy, better quality sleep and clearer, younger looking skin. You often lose weight without even trying / tone up and find your natural weight. On the inside you feel lighter, fresher and cleaner.

Looking after yourself always gives you a more positive outlook and with that comes a more “can do” attitude. It increases your self-confidence so that you try new things, talk to new people, learn new skills and this in turn increases your self-esteem.

This all positively affects your happiness, your enjoyment of life and makes things seem easier.

### ***Yes I want all of that but where do I start ?***

The thing that puts most people off of starting is that it all just seems too much to do ! We want to be healthy, fit, happy, confident right now but it all just seems like hard work – time consuming and lots of effort and willpower for little / slow gain.

However, there are small things you can start doing RIGHT NOW to improve your diet, fitness, outlook and to therefore adopt a healthy lifestyle. That will start the ball rolling and get you feeling lighter, fresher, fitter and more positive ;



**When you wake up every morning, think about something or some things that make you happy.** It will start your day off with a smile and a little glow inside.

**Drink a glass of water as soon as you wake up and increase your water intake throughout the day.** Keeping yourself properly hydrated increases your energy levels, helps clear your skin, prevents overeating and has many other great health benefits. Have a water bottle with you at all times, to encourage you to drink more.



**Get outside and walk – whatever the weather !** Being outdoors, in the fresh air lifts your mood immediately and wakes you up if you are feeling a bit groggy ! You can choose a stroll when you need to relax and a power walk when you need to burn off some energy or increase your daily step count. If you have a sedentary job I would recommend getting a pedometer or fitbit – it will encourage you to increase your activity. Who knows – you may even find yourself running !

### Pearl Lifestyles with Lisa

[lisajohnson@pearllifestyles.com](mailto:lisajohnson@pearllifestyles.com) <https://www.pearllifestyles.com/>  
<https://www.facebook.com/pearllifestyles> <https://www.instagram.com/pearllifestyles/>

**Include a couple of bodyweight exercises into your daily routine.** For example squats, push ups, sit ups, lunges and planks – this can be for as short or as long a time as you can fit in – how about squatting whilst brushing your teeth or stretching whilst watching TV and doing a plank through the adverts ?



**Reduce the amount of processed carbs that you eat.** Have at least one carb free meal per day and try swapping to brown rice, pasta and wholemeal flour. Processed carbs increase our blood sugar, do not fill us up for long and can easily be overeaten. This is particularly important if you want to lose weight.



**Do something that raises your heart rate, 3 times a week for at least 20 minutes.** Any activity that makes you feel out of breath and gets you a bit sweaty is great for your cardiovascular health and your metabolism. Anything ! Walking fast, walking up-hill, running, cycling, swimming, tennis. Put it in your diary !

**Stop comparing yourself to others.** The best way to dent your self-confidence and self-esteem is to compare yourself to others ! Concentrate on you and what you are doing, where you are heading.

*be you.  
do you.  
for you.*



**Eat your greens (and reds, purples, oranges, yellows).** A colourful plate of fruit and / or vegetables is a great sign that you are getting a variety of nutrients and minerals. Try to avoid putting creamy dressings and sauces on top !

**Look for something / someone to appreciate each and every day.** This takes no time whatsoever ! It can be literally anything – a beautiful sunrise / sunset, a kind word, a good cup of tea or coffee, a helpful colleague, support from your friends and family. Also, try to show your appreciation – take a photo, thank someone, compliment someone.

= OPRAH WINFREY =

BE THANKFUL FOR WHAT YOU HAVE;  
YOU'LL END UP HAVING MORE.  
IF YOU CONCENTRATE ON WHAT YOU DON'T HAVE,  
YOU WILL NEVER, EVER HAVE ENOUGH.

InspirationBoost.com

Pearl Lifestyles with Lisa

[lisajohnson@pearllifestyles.com](mailto:lisajohnson@pearllifestyles.com) <https://www.pearllifestyles.com/>  
<https://www.facebook.com/pearllifestyles> <https://www.instagram.com/pearllifestyles/>



## HEALTHY LIFESTYLE QUICK START GUIDE

There you go – it's not difficult nor time-consuming but these small changes will get you feeling more positive and will set you off on your healthy lifestyle journey.

For more practical, simple tips, inspiration and motivation please do take a look at my Facebook page, my Instagram page and / or sign up to my monthly newsletter on my website.

If you are ready to make more of a commitment to yourself and your new healthy lifestyle head on over to <https://www.pearllifestyles.com/> for more information on how I can support you to achieve the results you desire. Alternatively sign up to a [FREE, non-obligatory, 30 minute clarity call](#) where we discuss where you currently are, where you would like to be and a couple of ideas of how to start getting there !

I look forward to hearing from you.

Lisa.

**Pearl Lifestyles with Lisa**

[lisajohnson@pearllifestyles.com](mailto:lisajohnson@pearllifestyles.com) <https://www.pearllifestyles.com/>  
<https://www.facebook.com/pearllifestyles> <https://www.instagram.com/pearllifestyles/>

© Pearl Lifestyles 2020