

# Women's Health Matters!

## Get down to being healthy today!

### If not today... When?

#### Tips

- **Quit Smoking:** smoking is responsible for multiple serious diseases
- **Aim for a healthy body mass index (BMI):** a BMI between 18.5 and 24.9 is considered optimal however even a small weight loss (as little as six pounds) can mean significant improvement on your quality of health.
- **Engage in Regular Movement:** get at least 30 minutes of moderate-intensity physical activity daily. If you are looking to lose weight, the recommended time is 60-90 minutes daily.
- **Eat a Healthy Diet:** Aim for a well balanced meal of lean protein, complex carbohydrates and moderate fat.
- **Seek help if needed:** To get "un-stuck," seek a qualified professional. Don't let depression and stress wreak havoc on your well-being.
- **Make "Me Time":** at least 15-30 minutes per day. You deserve it.

#### Adapt and Adjust:

As women, we are often found taking care of others (children, husband, parents, siblings, grandparents, pets, co-workers, etc.) building a career, trying to keep a marriage together, etc. We forget about ourselves. Many of us are under-educated about our bodies, not really understanding how our body works or how to have a healthy dialogue about our body with ourselves or our doctors.

It is time that we let that helium arm of ours {you know the one that raises before we even realize it and we find ourselves saying, "Sure, I can do that!" every time we are asked to join some type of committee or event}, deflate a little. Instead, take a deep breath and say, "I'm so honored you asked but that doesn't work for me at this time." Let's set a better role model for the generations to come and equip ourselves with the tools to be **Alert** and **Vertical** for many years to come by **Adapting** and **Adjusting** to our changing needs.

***It is time to build up your survival skills!***

#### Can you answer "Yes!" to these survival test questions?

- If you were trapped in a burning building could you get out?
- Could you pull your family or loved one out of that building if they passed out in front of you?
- If you were late to catch a plane for that dream job, could you run to get there on time?
- If your toddler decides to run toward the street could you get there in time to re-direct them?

Resources: Dr. Pamela Peeke and Idea Fitness Journal February 2008

#### Re-define Normal:

It is time that you re-define normal and start to live your dreams. It isn't about being perfect or looking like a supermodel, it is about **progress, quality of health and surviving life's obstacles** that are always being put in front of us.

Women are great ruminators, creating toxic stress. It is time that we let the past stuff go. The only thing the past is good for is to learn from. It is time that we stop living in the future too. **Let go** of the "shoulda's, coulda's, and woulda's." If you live in the present, toxic stress will start to go away.

- What gives you joy in your life?
- What is the dream you have, in which you feel "life" is impeding you?
- Why is this dream important to you?

#### Start a New Habit:

***It is time to start a new habit? A habit of a healthy, quality and balanced lifestyle? So that you can survive and live your dream.***

Don't talk about it. Just set the steps in motion to do it. It will take six weeks to get used to every new step that you add in. You may Bitch, Moan and Whine (BMW Affect) but in six weeks the BMW disappears and you are happy that you survived. ***We are beautiful, empowered, intelligent women.*** It is time that we create movement in our life so that we feel better!

