QUIT SMOKING
FIND NEW JOB
DRINK LESS
HELP OTHERS
JOIN GYM
ENJOY LIFE
GET FIT
TAKE A TRIP
FIND LOVE
LOSE WEIGHT
SAVE MONEY
Pillars of Wellness

- Physical
- Mental
- Environmental
- Spiritual
- Social
- Emotional
4 Pillars of Wellness

- Exercise
- Stress
- Sleep
- Nutrition
Exercise/Activity

Cardio

Strength

Flexibility
Foods for Muscle Health

- Protein – amino acids
- Fresh Fruits & Vegetables, especially Dark Leafy Greens
- Eat a Variety of Iron-Rich Foods, like Lean Meat
- Include Seeds, Tree Nuts & Legumes

Avoid processed foods, sugar, fried foods
4 Pillars of Wellness

- Exercise
- Stress
- Sleep
- Nutrition
How stress affects us.

**BRAIN**
Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

**CARDIOVASCULAR**
Higher cholesterol, high blood pressure, increased risk of heart attack and stroke

**JOINTS AND MUSCLES**
Increased inflammation, tension, aches and pains, muscle tightness

**IMMUNE SYSTEM**
Decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time

**SKIN**
Hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

**GUT**
Nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

**REPRODUCTIVE SYSTEM**
Decreased hormone production, decrease in libido, increase in PMS symptoms
STRESS INDUCING FOOD
- Refined Sugar
- Table Salt
- Processed Food
- Junk Food
- Alcohol
- Coffee

STRESS REDUCING FOOD
- Dark Green Vegetables
- Avocado
- Berries
- Tomatoes
- Nuts
- Plant Protein
4 Pillars of Wellness

- Exercise
- Stress
- Sleep
- Nutrition
Sleep

WHY YOUR BODY LOVES SLEEP

- Stage 1: Muscles are paralyzed, breathing and heart rate are irregular, eyes dart rapidly, brain is active, dreaming.
- Stage 2: Breathing, heart rate regular, body temp drops, hormones are released, slower brain waves.
- Stage 3: Energy is restored, tissue grows and repairs, muscles relax, blood pressure drops, eye movement stops.
- REM: Tissues relax, most dreaming occurs, breathing, heart rate are more regular, body temp drops, even slower brain waves.
CREATE A Bedtime ROUTINE
Foods for Sleep Support

Minerals:
Melatonin
Calcium
Magnesium
Potassium
Tryptophan
Vitamin B6, vitamin D, and zinc
GOOD FOOD = GOOD MOOD
Foods for Improved Mood

Top 20 Powerful Mood Boosters

- avocado
- blue potatoes
- blueberries
- broccoli
- coconut
- dark chocolate
- eggs
- flaxseed
- Greek yogurt
- Green tea
- honey
- mussels
- oatmeal
- orange juice
- pistachios
- salmon
- spinach
- Swiss chard
- walnuts
- water
4 Pillars of Wellness

Exercise
Stress
Sleep
Nutrition
Our Body is Our Castle
Christine Sotmary