

Finding Balance with a Healthy Lifestyle



Color Your Plate With Fruits & Vegetables



Lycopene, Vitamins A & C



Beta-carotene, Vitamin C



Vitamins C, E & K, Iron,
Chlorophyll, Folate, Lutein,
Calcium, Niacin, Riboflavin,
Excellent fiber, Magnesium,
Manganese, Potassium



Flavanoids, Vitamin C,
Reservatrol





Superstars: Veggies

Cruciferous

Kale

Brussels

Sprouts

Cabbage

Cauliflower

Broccoli



Superstars: Fruits Berries

RASPBERRIES

BLUEBERRIES

BLACKBERRIES

STRAWBERRIES

CHERRIES

Aim for two servings
of greens per day (4 cups)



&
Eat Some Raw



Stress Relief

A person is shown from behind, sitting in a yoga pose (Padmasana) on a sandy beach. Their hands are raised above their head in a prayer position (Anjali Mudra). The sun is low on the horizon, creating a warm, golden glow and reflecting on the water. The person's reflection is visible in the shallow water.

Finding knowledge on how to cope: ie. Books, podcasts, support

Keeping a bank of go-to happy things : walks, nature, funny show, books, tea, meditate, talking with friends, etc.

Changing what you can change and accepting what you cannot

Exercise (if cleared)

- 150 minutes (plan 30 mins, 5x week) moderate intensity exercise. I.e: walking briskly but not powerwalking or leisurely biking < 10 mph.
- OR
- 75 minutes (plan 25 minutes, 3x week) vigorous exercise. I.e: powerwalking, jogging, running, swimming laps, fast-paced dancing or biking.
- Strengthening and stretching are also important, outside of cardio. Aim for resistance work 2-3 times a week and stretching daily.
- Sweat + Steps
- Livestrong Program

A long-exposure photograph of a forest waterfall. The water flows over mossy rocks, creating a soft, blurred effect. Sunlight filters through the tall, thin trees in the background, creating a bright starburst effect in the upper right corner. The overall atmosphere is peaceful and natural.

Nurture Your
Soul

Sleep

