



**A HOLISTIC APPROACH TO THE WHOLE BEING REACHING OPTIMUM HEALTH - BLENDING PHYSICAL, MENTAL, AND SPIRITUAL WELL-BEING.**

**Y**es it's hard to decide between what's good and maybe what helps us wind down after a hard day out - and we know that having a relaxed state of body and mind is paramount for a happy and healthy life - so finding the right balance is the key!

With these simple lifestyle choices we can help stimulate vibrant health, longevity and quality of life:

- **Move it or Lose it** - walk, stretch, Qi Gong daily to maintain stability, flexibility and healthy mobile joints.
- **Be Strong** - regular resistance training (Pilates, Yoga, interval/functional weight training) to maintain strength, muscle tone, bone mineral density, glucose metabolism, insulin sensitivity and cardiovascular health.
- **Hydrate** - drink 2 litres of water per day; between meals (kick start the day with lemon water and ginger).
- **Detox** - avoid pollution, technology, chemicals in skincare and cleaning products, smoke, fast foods, MSG, preservatives, additives, processed foods and

meats, vegetable oils, margarine, refined salts, sugars, artificial sweeteners and negative people!

- **Eat the right mix** of protein, fibre, carbohydrates and good fats for YOU; nutrients, vitamins, minerals, antioxidants are vital to maintain cellular health, longevity, growth support, improve energy, moods, heart health, digestion, muscle repair and production, heart and brain health, minimise body fat and rev up our metabolism. Learn good fats versus bad fats!
- **Eat a variety** of organic or spray-free fresh colourful, live or raw wholefoods.
- **Spice up your Life** with powerful healing nutrients; i.e. Turmeric/ Curcumin with Pepper, Cinnamon, Ginger, Himalayan rock salt, natural unrefined sea salt.
- **Exercise your Jaw** - eat slowly and mindfully to aid digestion and awareness of when you are full. Avoid yo-yo dieting!
- **Learn about** healthy bowel movements and seek help if need be.

- **Sleep healthy** - ideally 7-9 hours - to heal faster, rejuvenate, perform better, recharge, energise, enhance moods, motivation, etc. Unplug harmful positive ions; computers, devices, phones etc.
- **Recharge** with negative ions and fresh air - beach it barefoot in wet sand or lush grass.
- **Relax** - breathe deeply and slowly/meditate.
- **Restore Adrenals** - take time to rest, self-nurture and self-heal.
- **Be Calm** - high stress levels have a huge negative effect on the epigenome.
- **Think positive** productive thoughts versus negative destructive ones.
- **Be Grateful** for what you have - notice the beauty that surrounds you!
- **Socialise** with happy positive people, play and laugh often.
- Do what you LOVE and LOVE what you do! **WOM**

*For more tips and tricks on health, beauty, fitness, vitality and longevity please contact us!  
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