

HEALTHY TIPS

DAILY

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Water:

Drink half your body weight in oz, 150 lbs=75 oz per day.
Avoid plastic bottles and city tap water.

Move:

Get a minimum of a 15 minute walk every day.

Eat:

Real food, not processed junk, work to get 8 servings of vegs and fruit per day.
Get healthy fats, wild or grass-fed meats to avoid sugar.

Sleep:

Get 7-8 hrs nightly in a dark, cool room, turn your phone to airplane mode.
Go to bed at a consistent time and avoid screen time for two hrs before bed.

Meditate:

Take at least five minutes to breath and detach, you can meditate multiple times a day.
Give yourself this time, it will help decrease anxiety and heart rate.

Top Priority:

Give yourself 20 minutes every day to work on your top priority.

Ergonomics:

For CPU usage, the center of your screen should be eye height, so when you look at the top of the screen you should feel like you are

WEEKLY

Make a weekly to do list broken into days and make sure all the daily items from above are on it.

Review wins from last week and learning experiences.



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*Schedule
Here*