

# Navigating the Road Towards a Healthier Lifestyle

## What Can You Gain From Losing?



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# H2 HEALTH

Congratulations on your decision to work toward a healthier lifestyle. This could be a turning point in your life. Making a lifestyle change is a challenge and H2 Health is happy to be part of your support team. As you read the following pages, remember that it is about the journey toward a healthier lifestyle, not a quick “diet program”. Your commitment to improving your daily food and activity choices will help you to reduce your disease risk, decrease your pain and improve the quality of your life.

We encourage you to contact your closest H2 Health or other affiliated Outpatient Center with any questions or healthcare concerns. We offer complimentary consultation regarding our therapeutic weight management program with a certified and licensed healthcare professional.

In Good Health,

Your H2 Health Rehabilitation Team

The road to better health starts with a few small steps. A focus on “cleaner eating” will improve your diet and rid your food intake of processed food and toxins.

What is “clean eating”? Clean eating is about eating food in its most natural state. It is a lifestyle approach to food-one meal at a time.



## 10 Tips to “Clean Eating”

1. Eat five to six times per day. Try to consume 3 larger meals and 2-3 small snacks per day. Try to include a lean protein, a fruit or vegetable and a complex carbohydrate at every meal. This will keep you burning calories all day long.
2. Drink your water not your calories. Drinking up to 2 liters of water per day will assist your body functions and reduce your appetite. Thirst is often confused with hunger. Drinking empty calories such as sodas and teas can increase your sugar intake and these drinks provide very little nutritional value.
3. Avoid processed and refined foods. Clean foods contain just one or two ingredients. Any product with a long ingredient list is human made and probably not very healthy. Foods with white flour, sugars, white breads and pasta contain a high level of processed foods and high levels of sugar.

4. Get label savvy. Look for foods with minimal processing and minimal number of ingredients. The fewer ingredients, the cleaner the food.
5. Learn about portion sizes. Portion size can be the key to weight loss. Overeating is often due to portion size vs. food choice.
6. Slow down and savor your food. Enjoy every bite of food by chewing it thoroughly and not rushing through your meals. This allows your brain to receive appropriate messages from your stomach regarding your level of fullness.
7. Shop with a conscience. Spend most of your time and money shopping the outside of the store. Always shop with a list and never shop when you are hungry.
8. Pack it up. Always keep healthy snacks available at any time so you are not tempted by vending machines or drive-throughs. Pack lunches to avoid tempting restaurant choices.

9. Know your enemies. Steer clear of anything high in saturated and trans fat, anything fried or anything high in sugar.
10. Fiber up. Getting more fiber on a daily basis will help you to feel fuller and reduce mindless eating. Research shows that consuming 25-35 grams of fiber per day will greatly increase weight loss.



**The Road does not end with clean eating. Exercise is a key component to improving overall health and fitness.**

It is common for people to go on a “diet” and lose weight quickly. However, most people are not successful maintaining weight loss. Exercise is a key to a healthier lifestyle change. According to the American College of Sports Medicine, healthy adults need regular exercise to maintain optimal health and maintain lean body mass during a diet.

Guidelines for adult exercise include:

1. Cardiovascular activities 5 times per week for 30 minutes or more at a moderate intensity.
2. Strength training exercises a minimum of 2 times per week, performing 8-10 exercises.

For individuals over 45 years of age or individuals with chronic disease, additional activity guidelines include:

1. Flexibility activities or stretching 2-3 times per week.
2. Balance training activities 1-2 times per week.





## **A Few Additional Tips for Your Healthy Lifestyle Journey:**

- Hydrate and cleanse your body by drinking lots of water. Drink at least 2 liters or 8 glasses of water per day. Drinking water helps to flush your system and keeps you feeling full all day long.
- Fortify your diet with a multivitamin. When you are exercising and changing your diet, most nutritionist believe that multivitamins are helpful because it is difficult to get enough nutrients from your diet alone.
- Refrain from eating at the wrong times. Try not to eat right before you work out or right before bed. This helps your body to stay in fat-burning mode when it looks for energy.



Having a support system is the key to any successful healthy lifestyle change. Any change in diet or exercise should be cleared by your physician. Your local H2 Health team is here to help. Please contact your nearest H2 Health Rehabilitation Outpatient clinic for more information on wellness programs, therapeutic weight management programs or any orthopedic aches and pains.