

3 SUMMER HACKS TO STAYING ON THE ANTI INFLAMMATORY TRACK



with Coach Christi



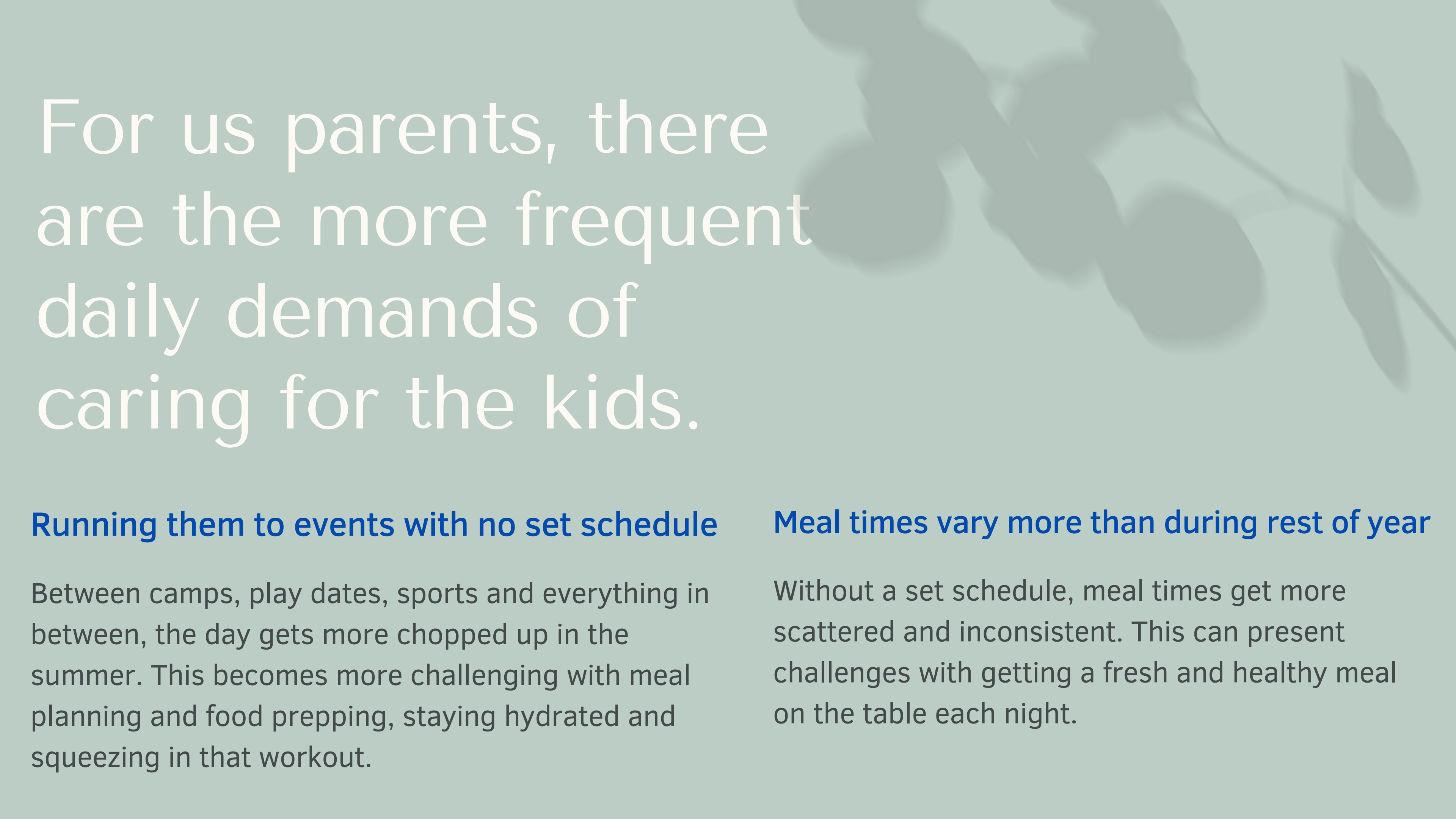
Summer can be challenging when it comes to eating healthy! Why?

Lack of Structured Schedule

Summer is wonderful but one quality it's lacking is structure. When our schedules get looser, it becomes easier to let things slip up. This includes getting the right amount of movement, eating quality foods and getting a set amount of rest and sleep at night.

More Social Gatherings

Let's face it, we have more time with friends and family during the Summer months. And this is a very good thing - socialization adds to our quality of life and long-term longevity. Woohoo! Yet with the social gatherings come temptations that we normally would not indulge in when pursuing an anti-inflammatory lifestyle.



For us parents, there are the more frequent daily demands of caring for the kids.

Running them to events with no set schedule

Between camps, play dates, sports and everything in between, the day gets more chopped up in the summer. This becomes more challenging with meal planning and food prepping, staying hydrated and squeezing in that workout.

Meal times vary more than during rest of year

Without a set schedule, meal times get more scattered and inconsistent. This can present challenges with getting a fresh and healthy meal on the table each night.

ANTI- INFLAMMATORY LIFESTYLE BENEFITS

Make the connection to commit

01

Live with none or minimal pain/neuropathy.

02

Capture more energy to power through your day.

03

Boost digestion and absorb all those wonderful nutrients

04

Gain mental clarity

05

Maintain a healthy weight, preventing chronic disease.



IT'S EASIER THAN YOU THINK TO STAY ON TRACK!

Connecting with the benefits of an anti-inflammatory lifestyle, demonstrates what it's like to feel good vs feeling bad.

**"We don't know how
bad we feel until we
start feeling good."
Dr. Mark Hyman**



Coach Christi's Hacks to Staying on Track

You Got This!!!



HACK #1

KEEP MOVING & STAY ACTIVE

1. Come up with a movement plan and commit to it.
2. Exercise at the same time each day. The earlier, the more likely you will do it.
3. Do what you like, more likely to follow through.
4. Devote a sustainable time frame (does not need to be long in duration)
5. Connect with how it makes you feel when done & how it impacts your day.
6. Track/Journal for accountability!



HACK #2

POWER OF PFF
PFF = PROTEIN
FAT & FIBER

Add good quality **Protein / Fat / Fiber**
into each meal

- **Proteins:** Chicken/Turkey/Fish/Grass-Fed Meats/Organic Tofu/Chia Seeds/Flax Seeds
- **Fats:** Avocados/Nuts/Seeds/Olive Oils/Coconut Oil
- **Fiber:** Vegetables/Fruits/Legumes

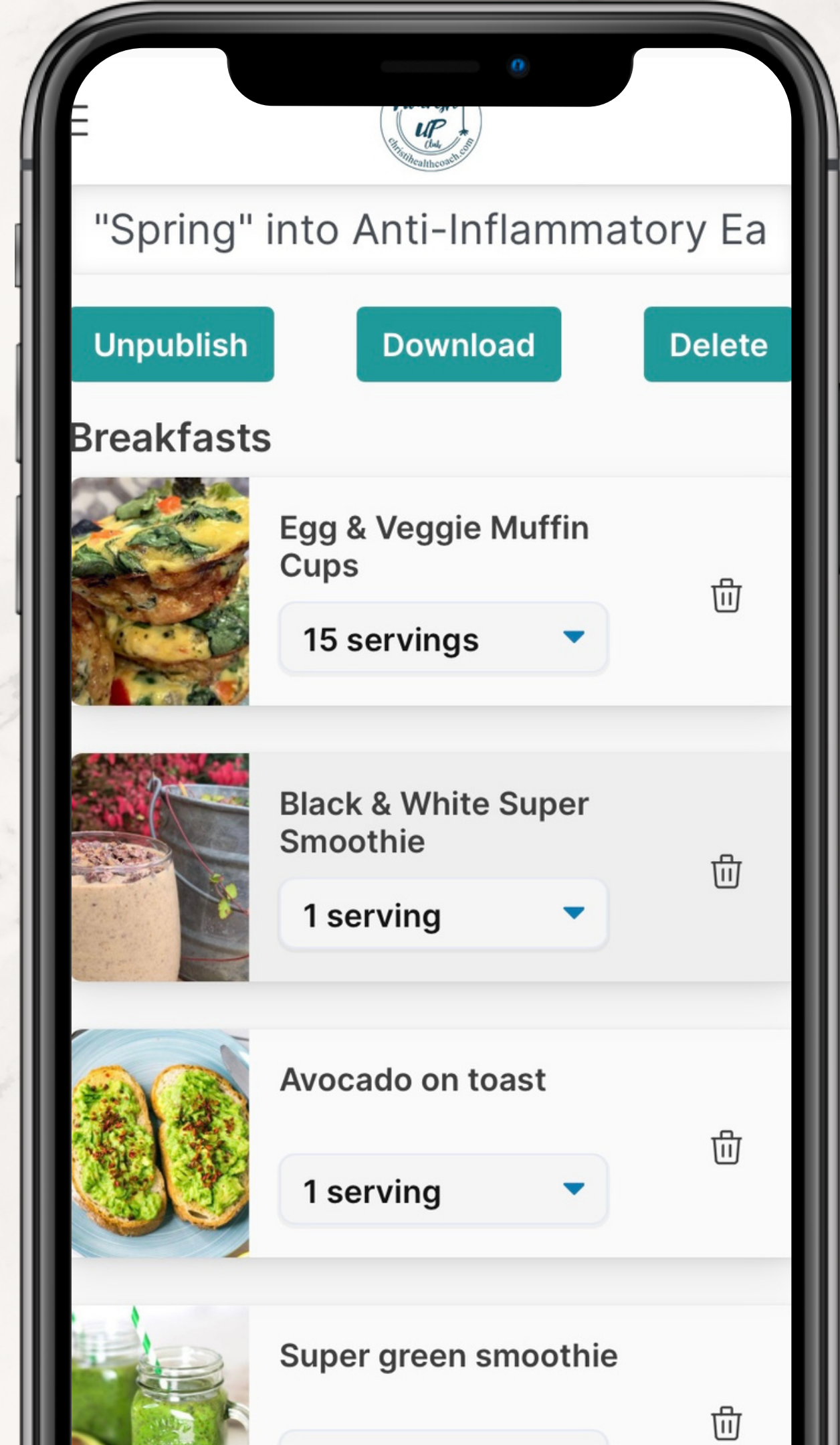


WHY PFF?

- Keeps you full longer
- Balances/stabilizes blood sugar
- Curbs sugar & carb cravings
- When nourishing your body with the foods you need - The unhealthy cravings stop.

HACK #3

The Power of Planning



Why & How to Plan

Why Plan?

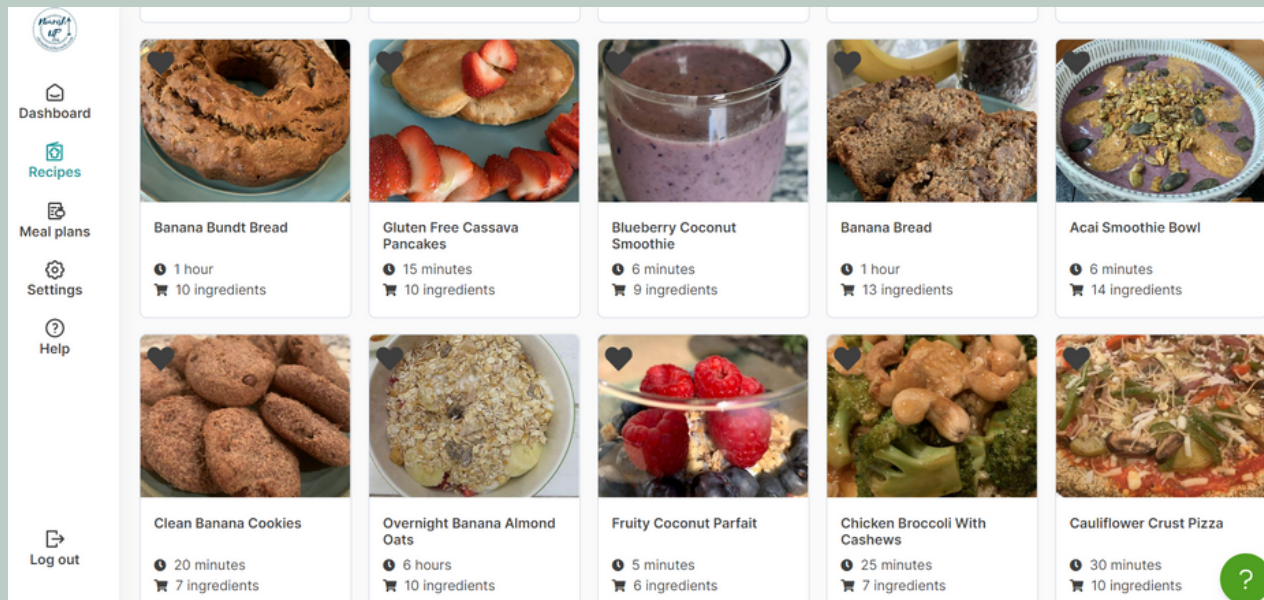
- Menu Planning or Idea Planning sets you up for success
- "Daily Stress Relief" having a plan
- Increases chances of sticking with anti-inflammatory way
- Tune into how AIW makes you feel - more energy, lighter, mental clarity, pain relief & more!

How to Plan?

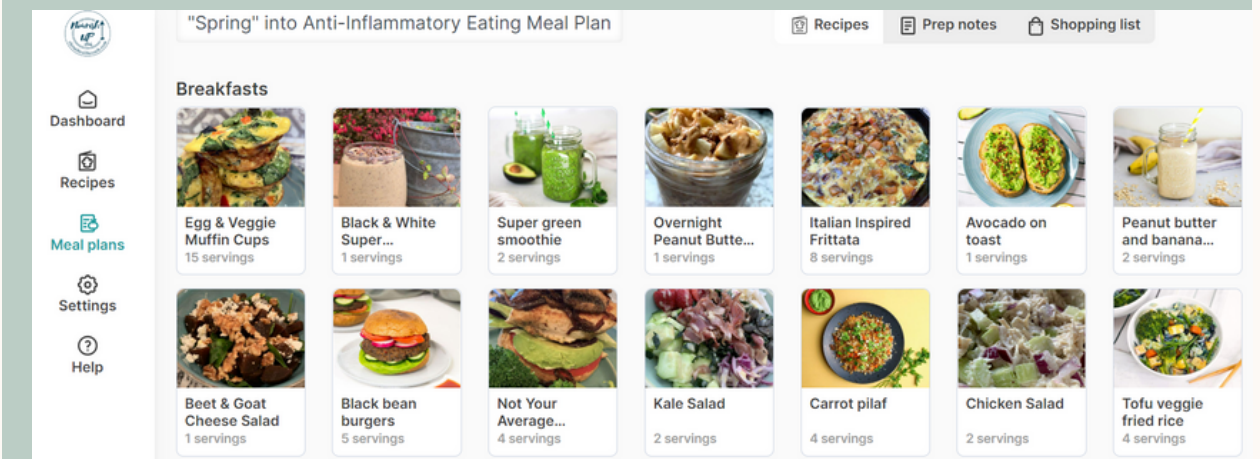
- The Nourish UP Club app does it all for you
- Pick your weekly meals and go right to the shopping list (download/print/shop off phone)
- Tweak to accommodate - move meals around for convenience factor
- Get inspired with an app filled with anti-inflammatory meals

Nourish UP Club App

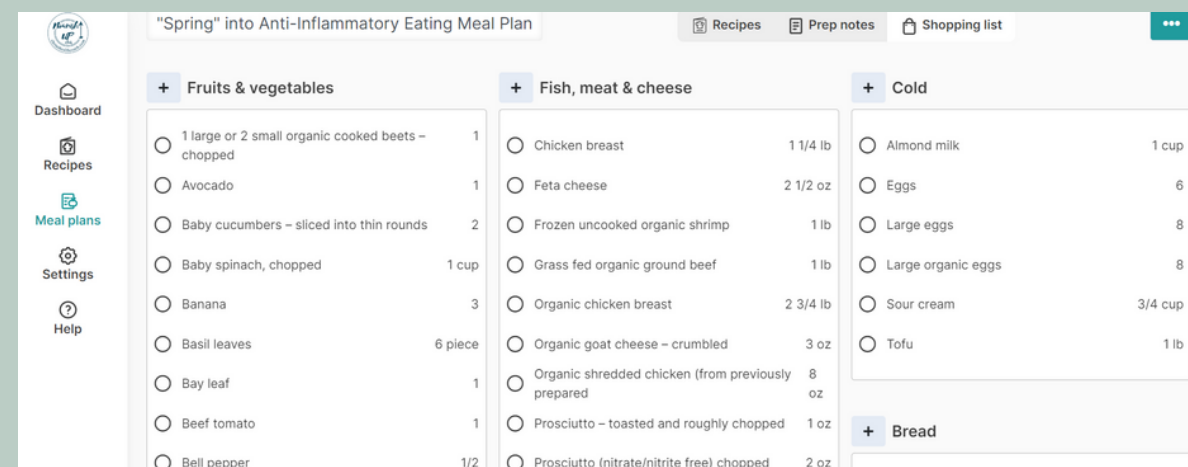
Pick Your Favs



Customize Meal Plan



Create Shopping List



BUT CHRISTI, WHAT ABOUT..... The Alcohol Factor?

Let me show you how you can still have it mindfully and in moderation without deprivation.



Tips to Manage Alcohol

01

Be selective on when you have alcohol.

Ask yourself these questions:

- How will this affect my next day?
- How will this affect my health goals?
- If you do decide to have a drink - set a limit for yourself and stick to it.

02

Hydrate plenty from morning up until having your first drink. Aim for 1/2 your body weight in water.

03

Drink about 16 oz. of water in between alcoholic drinks.

04

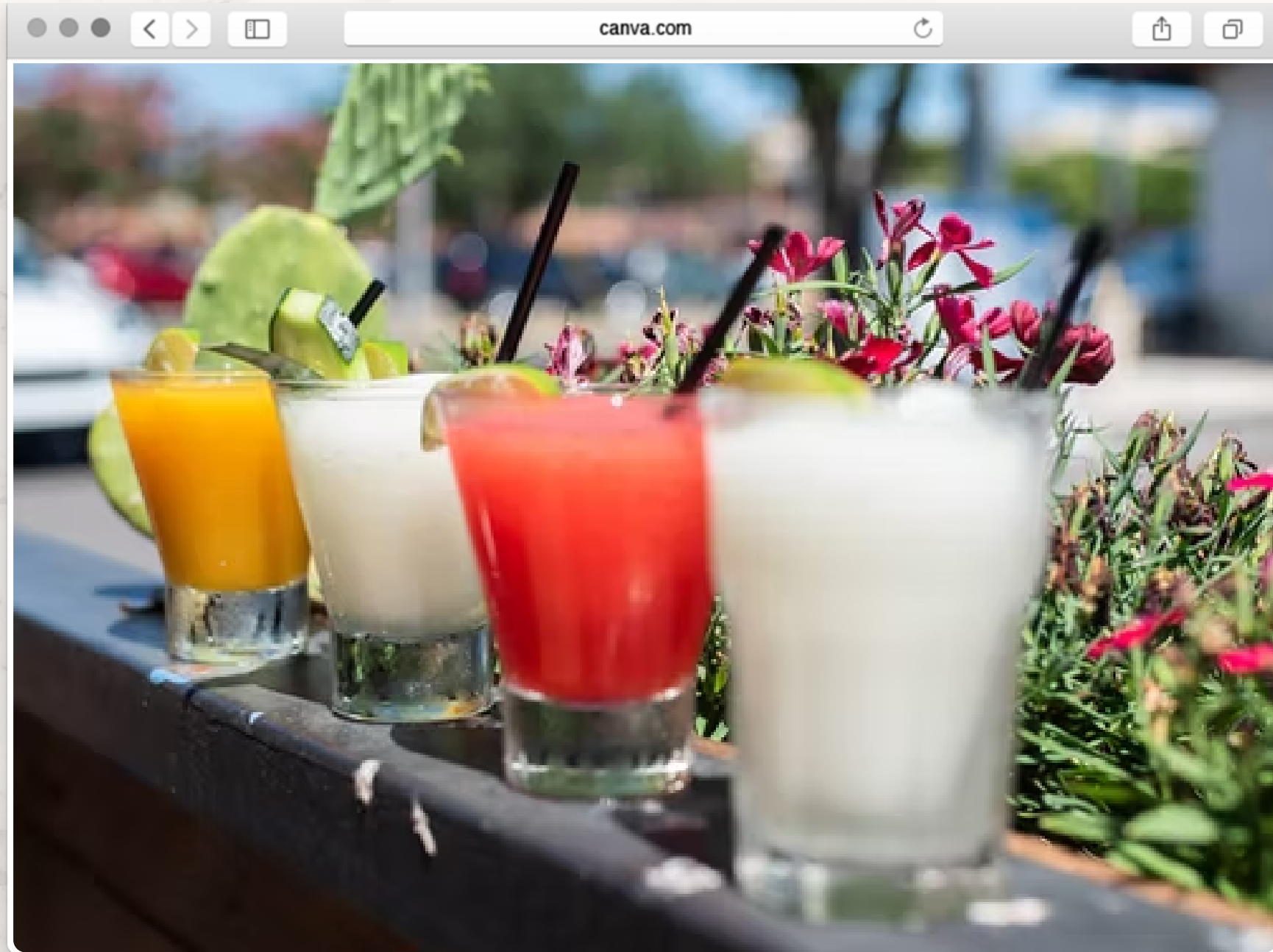
Be sure and eat a well balanced, healthy meal before having a drink.

HEALTHIER ALCOHOL OPTIONS

- **Vodka Club Soda** - add fresh fruit for some flavor & natural sweetness
- **White Wine** - around 125 calories in 5 oz. - consider adding club soda for a lower calorie spritzer
- **Hard Seltzers** - they are lower in calorie and tend to use fermented sugar - about 100 calories in 12 oz.
 - Wild Basin / White Claw / Truly / Bon & Viv / Shell House
- **Tequila with Lime** - about 100 calories
- **Light Beer** - about 104 calories in 12 oz.
- **Dry Martini** - about 185 calories

***Moderation is KEY**

Understand the inflammatory effects of alcohol



- Affects liver cells, creating fat inside of them
- May increase risk of dementia & brain shrinkage
- Regular alcohol consumption is linked to depression
- Link to weight gain
- May increase risk of heart disease
- Increase risk for certain cancers

References:

https://www.healthline.com/nutrition/alcohol-good-or-bad#TOC_TITLE_HDR_3



NEED A SUMMMER JUMPSTART & STILL ENJOY THE SUMMMER FUN?!



The 5 Day Slim Down is YOUR
Solution!

Starts Monday, June 27th

Amazing 4th of July Offer:
Normally \$127 and **now only \$77!**

<https://christihealthcoach.com/product/5-day-clean-eating-slim-down-program/>



Next Group Coaching:

Tuesday, July 19th -
Time TBD



Thank You!



Coach Christi

