



Five Habits to Change Your Life

“Singing River Healthy Revolution Blueprint”

There is a misconception that losing large amounts of weight with difficult, crash diets is the only way to improve your health. The truth is that creating healthy habits and a few lifestyle changes can lower blood pressure, cholesterol and triglyceride levels and can help prevent, control and even reverse type 2 diabetes.

Lowering body weight can:

- Lower cholesterol levels
- Improve blood sugar control
- Reduces aches and pains
- Improve mobility
- Increase energy levels
- Can improve breathing
- Help you to sleep better
- Helps prevent angina – chest pain caused by decreased oxygen to the heart.
- Improve mood

Our program is set up to be simple, effective and create habits that last a lifetime. Developing these five habits will help you make good choices that will be easy to stick to. This is not a quick fix, but with consistency you are sure to feel better and see results. We help support and guide you through the process. After joining the program you will have a wide range of tools to help you continue your journey in maintaining a healthy lifestyle.

The goal is to make these initiatives into a habit so that you can not only get healthier but STAY healthier! Habits work like this: your brain gets a “cue” to initiate a certain behavior for something you crave, then you respond, and get a reward. That is how a habit is formed and stays a habit. When our brains are in the routine of eating unhealthy foods the more we crave those foods and it gives us a quick reward that is followed by lethargy and weight gain. Get in the routine of eating healthy foods, you will actually crave healthy foods and crave the energy it provides. Your brain needs to know that the long term reward of overall health and happiness is what you want to crave instead of the short term feelings. When you can focus on that as the reward, the habit becomes easier to form and easier to maintain.

The key to forming new habits is to start simple, don't try to implement everything at once. Adopt one habit each week for five weeks. In weeks six through twelve, double down to get your rhythm and focus on the keys to each of these. At the end of the 12 weeks these habits will be a part of your daily routine and a way of life. You will have all of the tools you need to maintain a healthy lifestyle.

Health Revolution Habits

Healthy Revolution Habit 1: Cut Carbs.

Eat fiber rich complex carbohydrates instead. Complex carbs consumed in moderation can help improve digestion, and help you maintain a healthy weight. Avoid foods like pasta, bread, baked treats, most cereal, and fruit juice. Instead try high fiber whole grains, nuts, vegetables and legumes. Complex carbs are slower to digest, elevate energy levels longer and give more time (and energy!) for your body to use as fuel. The more your body uses these foods as fuel the more weight is lost. The extra energy will make it easy to keep this habit for life.

Healthy Revolution Habit 2: Fear Fried.

Try baking or air frying your favorite fried meals. Fried foods are typically high in trans fat which is directly linked to negative health effects such as heart disease, diabetes and obesity. There are also a lot of extra calories associated with fried foods. The clogging of your arteries is worse than the fat that they add. This is an easier habit because once you cut out fried foods for a little while, you will feel sick when you eat them.

Healthy Revolution Habit 3: Shake Sugar.

Sugar causes your brain to react and want or even crave more, so just knowing this fact can help you beat the devil of sugar. Once you make avoiding sugar a habit, you will be on the road to long term success. Sugar can easily be consumed most commonly is drinks...**Do not drink your calories.** This is an important rule, cut out all sodas (even diet), juices and sweetened coffee and tea. Drink plenty of water, try unsweetened tea and coffee and fruit infused water. This might feel extreme at first but once you get used to it you will not miss these sweet drinks, in fact, they will probably taste too sweet once you break the habit. (Also alcohol can slow your metabolism, so try to minimize alcohol intake!) Perhaps the hardest habit to adopt, the rewards of a low sugar diet on your energy level and how you feel are tremendous, and worth it. Teach your brain to crave other things instead of sugar.

Healthy Revolution Habit 4: Prune Portions.

Eat less. Too much of anything can be a bad thing. Moderation is key when trying to lose weight or maintain a healthy lifestyle. Reduce your intake. Do not eat until you are full, always stop before you are full. If you get that 'feeling' of being full, you ate too much. Always try to leave a little on your plate. The habit of reducing your portions is actually an easier one to get into a rhythm. You just have to do it. Follow the guidelines on our daily portion chart in lesson four.

Healthy Revolution Habit 5: Move More!

Try to move for at least 30 minutes a day. A quick walk, a bike ride or a gym visit. It will be good for you physically and mentally. Don't be sedentary. Look at your phone's health app or get a pedometer and see how many steps you are getting in each day. The reward of this habit is not only will you not only feel better, you will see also more of life – the mental health benefit is simply an added bonus reward.

A few secrets to achieving these healthy habits:

1. **Engage your friends and family to help.** It is much easier when others around you are trying to improve their health also. Ask them to join you, and lift each other up along the journey. Having a strong support group can make all the difference. Ask them to join you in adopting these habits!
2. **Cut out processed foods.** We all have busy lives so we reach for the easy quick meals and snacks. These are usually packed with preservatives, sodium, calories and trans fats. This will require you to food prep, it will not take you as much time as you think it will, however it requires you to simply plan ahead. See our grocery list and weekly meal plans. If you do not cook, don't worry, we have you covered with our meal prep program. Most importantly, don't hit the drive through, because rarely can you get a healthy meal in a drive through. If you must, go to a place that offers salads or grilled food and whole grain options.
3. **Be consistent – avoid “cheat meals.”** If you cheat a little, the next time, you will cheat more. This is much easier said than done, but make some effort to have a mindset to avoid cheating when you can. Commit yourself to a better life. You deserve it.

Make these five Healthy Revolution Habits a way of life. Cut carbs, fear fried, shake sugar, prune portions and move more. Don't stress about it and keep it simple – and stick to it, we are here to help!

Weekly Lessons

One:

- Setting goals, creating habits
- Carbohydrates

Two:

- The dangers of fried foods

Three:

- Sugar, health enemy number one

Four:

- Portion Control

Five:

- Exercise

Six:

- Grocery shopping guide and food prep

Seven:

- Restaurant survival

Eight:

- Stress eating and cravings

Nine:

- Mindful eating

Ten:

- Let them eat cake (on your birthday!) Cheat meals: how to bounce back to good habits

Eleven:

- Support and encouragement

Twelve:

- Succeed! How to maintain your momentum.

