

**How to Be the “Healthiest” Version of Yourself (According to Literally Everyone Ever)**

🚴‍♀️ **Exercise!** At least 5 times a week, at least 30 minutes a day. But make sure part of that is cardio. Go running! No, wait—walk instead, especially after 40. Actually, lift weights 3–4x a week. But don’t overdo it! But also, don’t underdo it!

🍗 **Eat protein!** 1.2 grams per kilogram of body weight per day. You *are* measuring in kilograms, right? Keep up.

💧 **Hydration is key!** Drink water like a camel—but not too much, or you’ll flush out your electrolytes.

😴 **Sleep!** 8 hours a night, no excuses. Kids? Job? Life? Doesn’t matter. Just *sleep*, okay?

🥑 **Carbs are bad!** No, wait, carbs are good—if they’re *complex*. Actually, just do keto. But also, try intermittent fasting. Or the Mediterranean diet. Or go vegan. NO, NOT VEGAN! Just cut out dairy. Or go anti-inflammatory. *Or just eat air*.

🍷 **Alcohol?** One drink a day is fine. *Unless* you want to be truly healthy—then don’t drink at all. But also, red wine is good for your heart. But also, it will kill you. So... good luck with that.

🎉 **Final Tip:** Just do what works for you. But make sure it’s *the right* thing. And whatever you do... don’t age.

*Balance & Bloom Health and Wellness can help.*

Every time we read an article or listen to a podcast; we’re told something that completely contradicts what we just learned last week. Why? Because our physical health is personal to us. What works for one woman might not work for another. Some women *love* waking up at 4:30 a.m. to hit the gym—others would rather hit snooze and pretend morning workouts don’t exist.

The truth is, only *you* know how you want to feel in your own body. Do you want to feel stronger? Have more energy at the end of the day so you can keep up with your little ones? Feel sexier and more confident in your skin? Or find that spark for intimacy again?

That’s where my **whole-person wellness program** comes in. We’ll focus on *your* personal goals, identify obstacles that might throw you off track, and create a plan to help you get back on course when life inevitably happens.

If you’re ready to take the next step toward feeling your best, start by asking yourself the questions below—then schedule a **free 60-minute consultation** with me to chat about your individual goals. Let’s make wellness work *for you*!

Questions to ask yourself:

1. How do I feel (regularly) in my current body?
2. How do I *want* to feel in my body?
3. If my body was a day of the week, which day would it be and why?
4. What types of things do I say to myself about my body?
5. What are the current stressors in my life?
6. Do I have any physical ailments that could hold me back or derail my progress?
7. Do I have any environmental factors that could hurt my progress towards achieving my goal(s)?
8. What other barriers will I face that could hurt my progress?
9. What’s one thing you’re doing that you are absolutely not going to stop doing even though you know it’s hurting your physical health?
10. What do I want out of my experience with a health and wellness coach?
11. What is my timeline for results?
12. Do I consider self-care a “nice to have” or essential for my life?

After you’ve thought about the questions above, schedule a free 60-minute consultation by going to [www.balanceandbloom.life](http://www.balanceandbloom.life) and clicking on “Schedule a consultation” on the homepage.