

# Natural Ways To Boost Your Metabolism

BREATHE | MOVE | BE



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## - THE SPIRIT OF JOY-

*Keep it bright and colorful*

- Be sure to eat fruit and/or vegetables with every meal. Each color provides unique health benefits associated with that color. For example, the purple in grapes, blackberries, and purple potatoes contain anthocyanins. These compounds play a role in heart and eye health as well as help your body heal itself.
- Produce with a yellow and orange color are rich in vitamin C and beta-carotene. These are powerful antioxidants as well as reduce the risk of certain cancers and promote eye health. Green produce are packed with phytochemicals. They are a great source of vitamin K, potassium, carotenoids, and even some omega-3. All this means powerful anti-cancer fighting and detoxification properties.
- Fruits and vegetables of a red hue are packed with the carotenoid, lycopene. These help reduce systemic inflammation and has supreme antioxidant properties. Of course the health benefits from eating a variety of colors are too numerous to list here but it gives you a glimpse into 'why' it is so important to eat a variety.
- In addition to ensuring you eat a variety of colored produce, eat both raw and cooked. There are compounds, nutrients, and health benefits you obtain from consuming both raw and cooked. So mix it up! Eat raw and cooked produce daily.
- Get your daily in! Adults should be consuming at least 7-9 servings a day of fruits and vegetables. At first it may sound like a lot but you'll be surprised how quickly and easily you can get to that goal when you're eating real whole foods.



*Your health is your greatest blessing!*



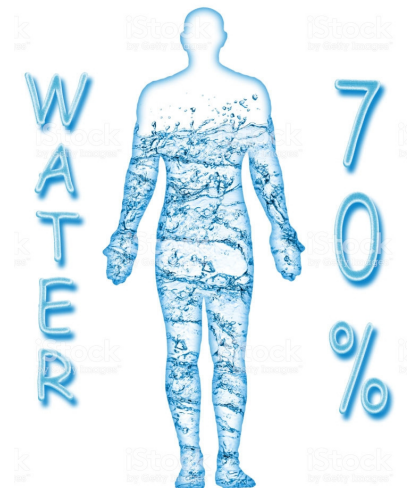
*Water. water. water!*

We hear it all the time from doctor's, trainers, and nutritionist's but that's because water is an essential element to our body. Our body needs water to deliver oxygen and nutrients to cells, to maintain body temperature, it protects our organs, functions as a buffer, helps dissolve nutrients, lubricates joints, and helps the kidneys in detoxifying the body. Water is critical to our body's homeostasis and vital for optimal health. So no excuses here. Like Nike says, "Just do it".  
*Drink your water!*

A good rule of thumb is to drink .5oz per pound. You do obtain water in foods but using this guide is a great way to account for an active lifestyle as well. Anything you consume in your food is just a bonus. Once you feel thirsty you're already dehydrated so stay ahead of it. Sip on water all day. And try having a glass of water before each meal. Studies have shown that people who do, eat up to 75 calories less than those that don't!. That adds up!

## THE HUMAN BODY IS UP TO 60% WATER

Our organs are over 70% water  
Heart & brain | 73% water

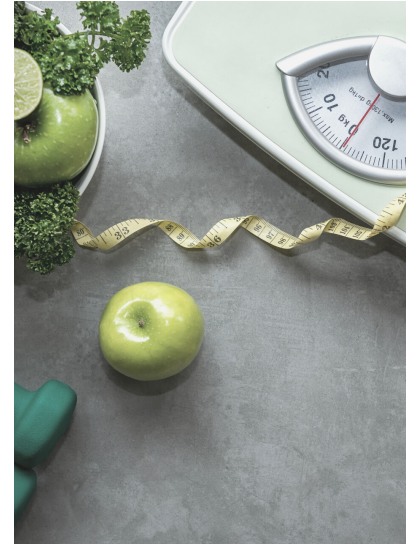


***Your health is your greatest blessing!!***

## *Boost your metabolism*

We all have a 'set point' that our body likes to stay at (weight and metabolic rate). But that can be changed! You have to mix up your workout routine and trick your body as well as eat certain foods. The list below are some foods and tricks that have been proven to help boost your metabolism and shed unwanted pounds:

- Eat breakfast
- Consume adequate protein
- Get your beauty sleep (7-8hrs)
- Eat fiber (25-35g/day at a minimum)
- Eat fat (good fats of course)
- Drink green tea (3-4 cups equivalent/day)
- Lift weights or perform weight bearing exercises
- Spice it up (hotter the better)



# WEIGHT LOSS IS NOT JUST ABOUT CALORIES IN CALORIES OUT

It's what the calories are  
comprised of. Be aware!

***Your health is your greatest blessing!!***



### *Tips for a healthy lifestyle*

- Eat whole foods (think what comes from nature)
- Cut out processed foods
- Cut back on sugar
- Increase fiber intake
- Get adequate protein
- Nuts are your friend (eat 1oz daily)
- Get moving every day
- Be aware of portion sizes
- Eat every 3-4 hours
- Drink 2-3L water a day
- Get your Zzzzzz's (at least 7-8 hours)
- Have fiber and protein with every meal/snack
- Reduce stress (yoga and meditation are powerful)
- Get sunlight on the daily (10-15 minutes/day)
- Eat good fats/oils (avocado, olive, nuts/seeds)



STUDIES SHOW THAT WORKING WITH A PERSONAL TRAINER AND/OR HEALTH COACH NOT ONLY INCREASES ACCOUNTABILITY BUT ALSO YOUR SUCCESS RATE. TRAINERS AND COACHES NOT ONLY PROVIDE A KNOWLEDGE SOURCE FOR EDUCATING CLIENTS BUT ALSO HELP THEM KNOW THAT THEY'RE NOT ALONE IN THEIR JOURNEY. WE ARE HERE TO HELP YOU AND CHEER YOU ON EVERY STEP OF THE WAY. YOUR SUCCESS IS OUR SUCCESS!

**50%**

***Increase in body fat lost for those working with a health coach and/or personal trainer vs those who did not.***

***Your health is your greatest blessing!!***

## *What to eat and when*

Be sure to fuel your body before a workout (regardless of modality).

### **Your pre-workout snack should be:**

- Consumed 1-1 ½ hours before workout
- Under 200 calories
- Contain 4-6 g/PRO and fiber

### **Post workout meal :**

- Within 30-45 minutes on weight lifting days; within an hour on regular workout days
- Consist of complex carbs, fiber, good fats, & 20-30g/PRO
- And don't forget to rehydrate!
- Rehydrate !! Did we say that?



***Your health is your greatest blessing!!***

***Yoga has been proven to increase weight loss, build muscle tone, increase flexibility and reduces the risk of many diseases. That's just the physical benefits! In my opinion, the spiritual and mental benefits far outweigh the physical.***

*Cultivating health & happiness*

Remember, it's the little changes daily that add up. Listen to your intuition and honor your body temple.

Visit [www.joyarnold.com](http://www.joyarnold.com) for details on:

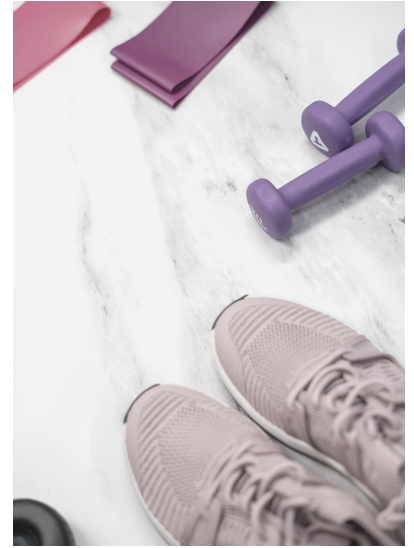
- online yoga classes
- private yoga sessions
- holistic health coaching sessions
- reiki sessions

Contact me for any questions or to schedule an appointment!

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*"When you know better, you do better."*

*~ Maya Angelou*