**HEALTHY LIFESTYLE BASICS**

**NUTRITION:** I could ramble on for HOURS here but really like Michael Pollen’s simple advice “Eat real food. Not too much. Mostly plants.”

**WATER**: Adequate water intake is necessary for your body to feel its best. By the time you’re feeling thirsty, it’s too late. Half your body weight in ounces is a good rule of thumb, more if exercising intensely or in hot weather.

**SUPPLEMENTS:** Obviously getting the bulk of your nutrients through food is going to be the best option. But here are a few supplements I recommend to help fill in the gaps.

A good quality Multivitamin-folate and iron are important for women of childbearing age. Helps to fill in the gaps of a less than perfect diet.

Vitamin D3 800-1,000 IU/day: supports bone and heart health, supports balanced hormones and reduces inflammation.

Omega 3’s: Supports cardiovascular, brain and joint health.

Magnesium citrate 400-800mg/day: Taken at bedtime, helps to calm body and mind and may help to relieve constipation. Nuts and seeds are a great source but many women tend to be deficient.

**SLEEP:** Don’t underestimate the importance of a good nights rest. Rest and recovery often take a back seat to exercise and nutrition but should be thought of as equally important. So put away your phone at least an hour prior to bedtime and develop a routine. Grab a warm cup and try to get to bed around 10pm and shoot for 7-8 hours a night.

**EXERCISE:** Find something you love and move your body 45-60 min a day 4-5x/wk. I like a mix of high intensity short bursts, low intensity, weight training, and yoga or pilates.

**STRESS MANAGEMENT**

**MEDITATION:** 30 min a day unless you don’t have time then you need an hour. Just kidding, kinda. Even 10 min a day makes a huge difference. You can find some great mindfulness meditation CD’s. I really like Jon Kabat Zinn, the Headspace app, or Insight timer app as great places to start.

**FRESH AIR:** Get some. Every. Single. Day.