

My Top 10 Tips to a Healthy, Happy, Life!



Living a healthy, happy life is not hard, but sometimes hard to apply.

Here are my top ten things for a healthier, happier, richer year for you and your family, in all ways possible – physically, mentally and spiritually!

- 1) **Start and stick with an exercise regime:** It goes without saying, you've got to exercise on a regular basis to feel energized, lessen the chance of disease, increase your confidence, and detoxify your cells. But you've got to stick with it. So commit to creating a weekly exercise schedule, and deliver. For example, "Every Monday, Wednesday and Friday, I will strength train / do Pilates / do yoga from 10 am to 11 am. And don't forget to write this promise down in your journal. No excuses!
- 2) **Take Your Supplements:** Science is overwhelming in its support of supplements as a necessary part of a healthy life. With over 4,000 toxins in our environment, a degraded food supply, and the many stressors in our world, we need the boost! Get educated about what supplements best support your individual needs, genetics and lifestyle. Ask a qualified sports nutritionist.
- 3) **Shift how you think about food:** When we eat the wrong foods, it's because we're eating for emotional reasons (anger, guilt, stress). Think about what you're putting in your mouth. Is that cinnamon bun going to clean your cells and build shapely muscle, or will it clog your intestines and weaken your immune system? Now, is it really worth it? Respect yourself enough to want to fill your body with energizing, whole foods because you want to build your cellular health!
- 4) **Eat closer to home:** Get out of the 'mainstream large box-store' grocery stores and experience healthy eating at the local level. Learn what local markets and stores are open in your community, and shop there. Shopping locally on a smaller scale is not only healthier, it creates strong communities and a healthy environment.
- 5) **Eat more local / organic foods:** Never mind the excuse it's more expensive. That's about as logical as saying you can't stop for gas because you're running out of time. Put down that four-dollar designer coffee and munch on a local apple, or purchase a piece of free-range meat from your local market and feed it to your family.
- 6) **Give to a local charity or cause:** When you give, you receive. And you are not only helping others, science shows you are building cellular health in your entire body by the very act of giving! Get out of yourself and your problems and create solutions. No man is an island.

- 7) **Read uplifting text every evening:** Turn off the TV and computer, and unplug your Blackberry (nothing is that immediate that you have to tend to it NOW!). We're getting progressively further from our divine selves and all things important with such self-serving time-wasters. If you finish your day by reading something uplifting, it sets the tone, and steers your brain toward more positive rewards!

- 8) **Lean into the sharp points:** When you are hit with adversity (ill health, job loss, family strife), don't fight it. Go into the pain, befriend it and listen to it. Challenges happen to everyone. The wise person sees challenge as a journey. Open up to the lessons. They're there anyway, so you might as well grow from the experience!

- 9) **Practice quiet conviction:** If you've *turned vegan, don't believe in wearing fur, or only eat organic*, be quiet about it and get on with it. Truly great people know that all change comes from within. They change themselves, not others. Live a good life, lead by example, and others will naturally gravitate toward you and want what you have: increased energy / conscience / joy etc. Now *that's* creating change in a *positive* way.

- 10) **Take responsibility:** Stop blaming your spouse, your parents, your thyroid, your lot in life etc. for where you are. You are where you are because of your decisions, period. Many of us play victims in our own lives, but that leaves us angry, without choice, drained of energy, and stuck in our own stories. Own it so you can change it, and then watch how your life can *really* unfold!

From me and my staff at McCoy Fitness – Live well. Be happy. Stay strong.

Karen, Michelle, Lisa and Angela



My amazing staff – Michelle Bourgeois (L, trainer & sports nutritionist) and Angela Turnbull (R, trainer).