

# Healthy, Fit and Fabulous YOU Wellness Planner



# How to be a Healthy, Fit and Fabulous YOU

**“The journey to attain ultimate health and wellness begins with building a lifestyle which supports them.**

**A health and wellness oriented lifestyle is built by making healthy habits and choices part of your daily routines.**

**You do not need to completely overhaul your entire life all at once. These changes can be made gradually.”**



# How to Be a Healthy, Fit and Fabulous YOU

## Physical Fitness

### Keys to Success:

1. Start with an activity you will enjoy.
2. If you are a social person, join an exercise group or workout with friends.
3. Remember every little bit counts. If you exercise for 20 minutes twice a day or in 10 minute increments throughout the day, you can meet the requirement of 2 hours and 30 minutes per week around your schedule.
4. Block out your exercise time on your calendar.



# How to Be a Healthy, Fit and Fabulous YOU

## Physical Fitness Tips

The United States Department of Health and Human Services published the first Physical Activity Guidelines for Americans in 2008.

**It recommends 30 minutes of moderate aerobic activity daily or a minimum of 2 hours and 30 minutes per week for adults ages 18 to 64 years. Strength training for all of the major body parts, legs, hips, arms, shoulders, abdomen, back and chest is recommended at least twice a week.**

If you are not already physically active, incorporating fitness activities into your life does not need to pose a major challenge. A wide range of physical activities meet the guidelines. Examples of moderate physical activity include dancing, brisk walking, bicycle riding and more.



# How to Be a Healthy, Fit and Fabulous YOU

## Physical Fitness Tips

**Keep in mind,** 30 minutes of moderate activity provides the minimum required to gain health benefits. More vigorous activities, jumping rope, rock climbing and swimming provide even greater health benefits. Extending the amount of time spent doing any physical activity also increases health benefits.

**To successfully integrate physical fitness** activities into your life, make them part of your daily schedule. Set aside time in your daily planner and add a reminder to the event on your phone or watch. The most important things you can do are show up for the activity and perform some level of physical activity. Even if it does not equal the full 30 minutes, you're still building the habit of physical activity.





# How to Be a Healthy, Fit and Fabulous YOU

## Diet

### Keys to Success:

1. Choose one or two small changes to incorporate into your diet each month.
2. Experiment. Eating healthy needs to be enjoyable for you to make it a part of your lifestyle. Try foods and a variety of ways to prepare them and enjoy the ones you like.
3. Make sure to keep your daily menu varied so you don't get bored with your food choices and go off track.



# How to Be a Healthy, Fit and Fabulous YOU

## Diet Tips

**Along with physical fitness, ultimate health and wellness hinges on a healthy and balanced diet.** People who eat well experience a variety of health benefits, better weight maintenance, lower chances of developing diabetes or heart disease and lower instances of illness.

**A clean, healthy diet includes** significant amounts of fresh, unprocessed fruits, vegetables, nuts, legumes, healthy fats, organic dairy or plant-based substitutes, lean proteins or plant-based substitutes, and unrefined grains. The recommendations also suggest lowering sodium, added sugar, trans fat, saturated fat and cholesterol in the diet. Eat as much pesticide free, non GMO, organic food as possible.



# How to Be a Healthy, Fit and Fabulous YOU

## Diet Tips

Before you look to cut things from your diet, **work on adding healthy choices to your meals and snacks.** Take a proactive positive approach as you make changes to what you eat. **Drink** a non-carbonated beverage instead of a pop or soda; you can choose unsweetened herbal tea which still provides flavor, lemon water or plain water. Select brown rice instead of white rice with your meals.

Just as with exercise, **small changes add up to a complete transition to a more healthful lifestyle.**





# How to Be a Healthy, Fit and Fabulous YOU

## Mind Body Connection

### Keys to Success:

1. Choose a mind-body activity to include in your schedule which suits your lifestyle and temperament.
2. Practice it consistently for the best results.



# How to Be a Healthy, Fit and Fabulous YOU

## Mind Body Connection Tips

**Our emotional state can affect our food choices, our level of physical activity and our ability to maintain positive social engagement.** Foods high in sugar and fat satisfy the pleasure and reward centers in our brains.

**If we are stressed or unhappy, many of us reach for rich foods** to make ourselves feel better. Sometimes this is a conscious decision; many times it is not. Also, feeling angry, unhappy or depressed saps energy, making it more difficult to exercise or pursue some other physical activity; we just don't feel like it.

**There are many ways to combat this cycle.** Physical activities like yoga, pilates, tai chi and many others expressly cultivate a healthy mind-body connection for practitioners. Each of these activities use movement tied to breath awareness to focus and calm the mind and the nervous system.



# How to Be a Healthy, Fit and Fabulous YOU

## Mind Body Connection Tips

**Yoga includes breathing exercises and meditation as well.** These activities build fitness and relieve stress. Some mind-body activities, breathing exercises, visualization and meditation, do not involve whole body movement; they focus on channeling mental activity and relieving stress.

**“It is important to keep the body healthy  
and the mind in a state of equilibrium to  
experience a sense of well-being.”**

Equilibrium does not mean you become an automaton. It simply means you do not experience unrealistic highs or debilitating lows (depression). Being even tempered makes it easier to deal with stress, adapt to change and maintain a healthy lifestyle.





# How to Be a Healthy, Fit and Fabulous YOU

## Make It A Habit!

It takes 21 to 30 days of consistent application to make a simple action a habit. More complex accomplishments like establishing an exercise routine, daily meditation and dietary changes can take significantly longer.

The rate of accomplishment for more complex changes can be highly variable; do not end your quest for ultimate health and wellness if you are not seeing immediate results.

**“The key to changing established habits  
and acquiring new ones is consistency  
and persistence.**

**You can reach your goal!”**



# My Goals for This Year:

**Main Goal:** *Make this attainable and break down a large weight loss into smaller ones. Such as lose 5 pounds a month for 12 months.*

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**Challenges: Faced** *Note down those challenges you know you might struggle with and then plan how you can deal with them.*

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**Goal Achieved/Missed – Reasons Why:** *Be honest with yourself and write out your reasons. You may notice a familiar pattern with them.*

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**Notes:**

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# Notes



# Health To Do List

Done	Healthy Actions for the Day
<input type="checkbox"/>	
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# Weight Loss Tracker

MONTH: \_\_\_\_\_

	WEIGHT	+/-	TOTAL
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

	WEIGHT	+/-	TOTAL
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			

# My Stats

DATE: \_\_\_\_\_

BMI : \_\_\_\_\_

WAIST: \_\_\_\_\_

HIPS: \_\_\_\_\_

THIGHS: \_\_\_\_\_

BUST: \_\_\_\_\_

Week 1	Week 2	Week 3	Week 4

NOTES:

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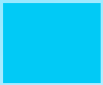
# Self Care Planner

Water



Steps

Vitamins



Sleep  
Quality  
Hours

Foot Care

Beauty Care

Notes

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# Health Checkups

Done	Checkup
<input type="checkbox"/>	Yearly Physical
<input type="checkbox"/>	Dentist
<input type="checkbox"/>	Mammogram
<input type="checkbox"/>	Eye Exam
<input type="checkbox"/>	Specialist
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# Appointments

DATE:

TIME:

M T W T F S S

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# Meal Planner

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				





# Health Quote

*To keep the body in good health is a duty...  
otherwise we shall not be able to keep our mind  
strong and clear.*

*Buddha*



# My Daily Health Plan

Sun

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Mon

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Tues

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Wed

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Thurs

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Fri

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Sat

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# Monthly Fitness Goals:

Main Goal:

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Challenges: Faced

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Goal Achieved/Missed – Reasons Why:

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Notes:

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# Weekly Health Plan

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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*My Health Wins*

# Notes

# Health Quote

*I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently.*

***Ernest Hemingway***



# Notes

# Health Quote

*Our food should be our medicine and our medicine should be our food.*

***Hippocrates***



# Notes

# Health Quote

*It takes more than just a good looking body. You've got to have the heart and soul to go with it.*

***Epictetus***



# Notes



# Health Quote

*To feel 'fit as a fiddle', you must tone down your middle.*

**Unknown**



# Notes

# Health Quote

*Our health always seems much more valuable after we lose it.*

***Unknown***

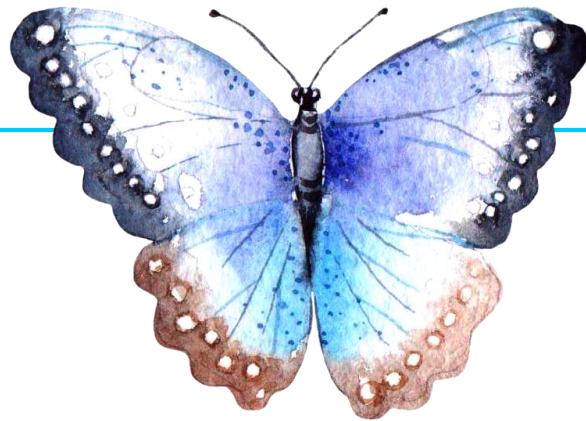


# Notes

# Health Quote

*Walking is the best possible exercise. Habituate yourself to walk very far.*

***Thomas Jefferson***



# July 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Important notes & reminders

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# Health Quote

*For life is only life when blessed with health.*

***Martial***



# August 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Important notes & reminders

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# Health Quote

*The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.*

***Ken Doherty***



# September 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Important notes & reminders

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# Health Quote

*Breathing correctly is the key to better fitness, muscle strength, stamina and athletic endurance.*

***Dr. Michael Yessis***



# October 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Important notes & reminders

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# Health Quote

*Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.*

***John Fitzgerald Kennedy***



# November 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Important notes & reminders

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# Health Quote

*The first wealth is health.*

**Emerson**



# December 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Important notes & reminders

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# Notes

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“The key to changing  
established habits  
and acquiring new ones  
is consistency  
and persistence.  
You can reach your  
goal!”

We hope you enjoy using your  
Healthy, Fit and Fabulous You Personal  
Planner!

Want more?  
Find lots of healthy, green and natural  
living ideas, tips, recipes and more on  
[UrbanNaturale.com](http://UrbanNaturale.com)