

# “The One-Minute Wellness Coach” for Busy People



## APPEARANCES INCLUDE:



## CONTRIBUTING HEALTH CONSULTANT AND AUTHOR:



# Benefits Session

# Action Plan Against Belly Fat & Disease

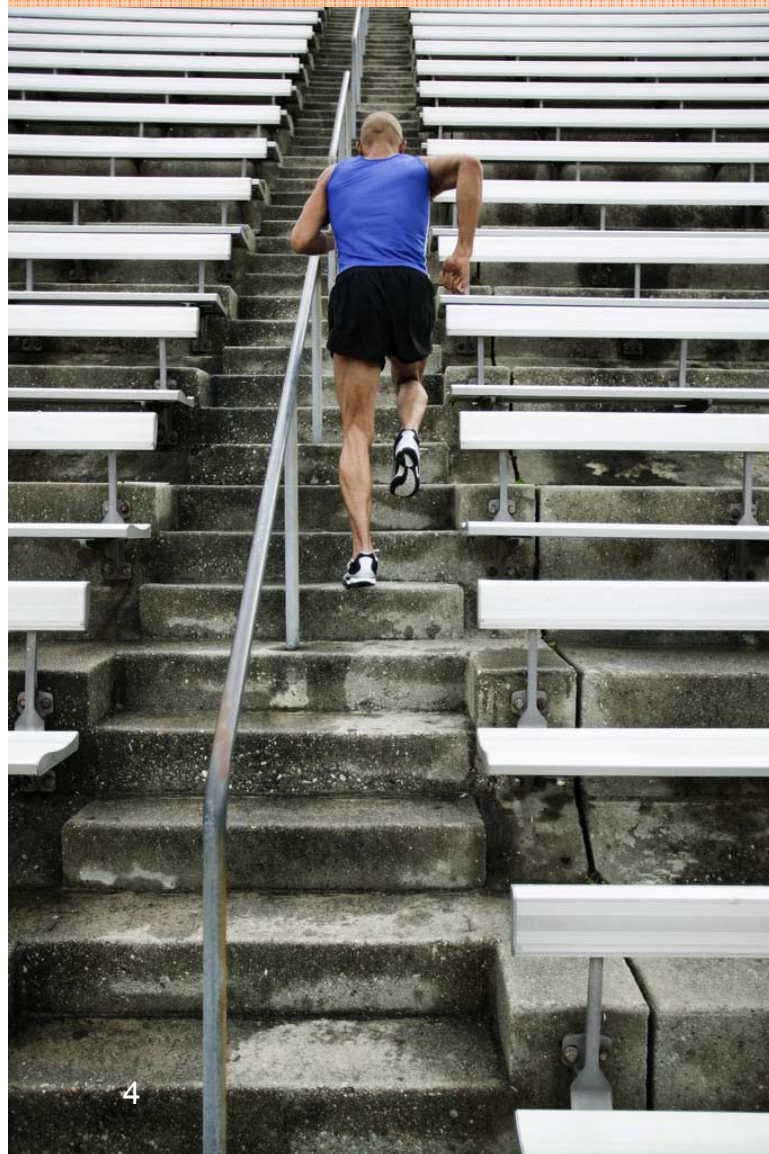
- If you want to reduce belly fat you have to make some simple changes to your diet. Reduce saturated fats (including trans fats), increase your intake of fruits and veggies and control your portion sizes.



# Action Plan Against Belly Fat & Disease

- To keep those pounds away, it's also a good idea to exercise for at least 30 to 60 minutes every day.
- Connect with friends at least 30 minutes/week and reduce cancer risk.
- Regular health check-ups – dentist, blood work, etc.

# Surprising Ways to Lose Weight & Lower Disease Risks



- Take the stairs twice a day and lose 5 pounds this year.
- Green tea – Along with regular exercise, may help you lose weight overall. And if your weight is focused in your midsection, drinking green tea may help you melt those pounds away.

# Surprising Ways to Lose Weight & Lower Disease Risks

- **Anything with fiber** – The more fiber you have in your diet, the less fat you have on your body. The fact that it can help trim belly fat is just another bonus.
- Alcohol has been known to help people collect fat around the midsection.

# Simple Tips to Lower Stress

- **Wake up more peacefully.** A thundering wake-up alarm causes an adrenaline surge before your head leaves the pillow. Softer sounds are less stressful.



# Simple Tips to Lower Stress

- **Cut back on carbs.** High-carb choices like white flour muffins and bagels stress your system. A whole wheat English muffin and a tablespoon of peanut butter deprives you of stress, not satisfaction.
- **Drink water.** Dehydration can make you grumpy. When stressed, liquids like water and tea protect your body, mind and spirit.



# Simple Tips to Lower Stress



- **Touch or massage** can boost your serotonin and reduce stress hormones.

# Simple Tips to Lower Stress

- A no-guilt **cat nap** or a little exercise can also help to lower stress.
- **Go outside** for 5 minutes every 3-4 hours to lower stress levels.

# Here's a Stress-Reduction Eating Plan

## Ideas to combat stress while eating at home or out:

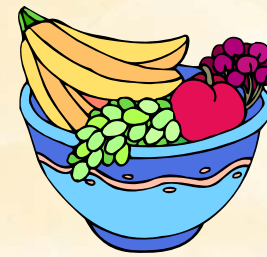
- **Breakfast:** open-faced egg and whole grain toast sandwich.  
Starbucks: egg white English muffin with turkey bacon.
- **Snack:** an apple, a few almonds and a cup of green tea.



# Here's a Stress-Reduction Eating Plan

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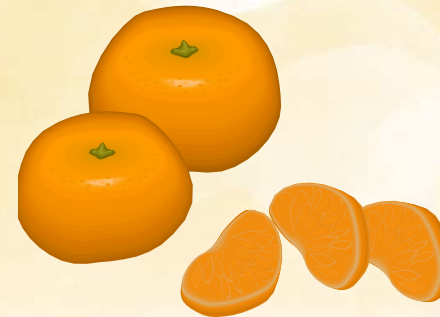
- **Lunch:** open-faced turkey and veggie sandwich.
- **Chipotle:** ½ chicken burrito bowl with less rice and more beans, loaded with veggies and salsa. Save the rest for your snack.
- **Snack:** lunch leftovers or fruit with peanut butter.



# Here's a Stress-Reduction Eating Plan

## Ideas to combat stress while eating at home or out:

- **Dinner:** grilled veggies, brown rice and salmon or chicken.
- **Snack:** tangerines with cinnamon and a drizzle of honey.



# Fast Food 101



- Meals are typically filled with high fat and high calorie dense ingredients
- The type of fat is almost always trans fats. Trans fats are more likely to cause weight gain.

# Fast Food 101

- A few of my favorites:

