

## Fit and Balanced for Life: The Key to Achieving Your Dreams!

### Goals:

1. Improve overall health and balance, reducing chance of illness and injury.
2. Increase energy, focus, clarity and enjoy a sense of well-being and joy.
3. Improve quality of sleep.
4. Stay young and vital through continual learning and giving back.
5. Turn back your biological clock by at least 10 years.

### Steps:

1. Commit today to a healthy lifestyle for the rest of your life.
2. Improve your diet by stopping eating and drinking crap. Increase hydration.
3. Embrace a daily commitment to 15-20 minutes of stretching, yoga and meditation.
4. Feel happier and healthier by enjoying at least 20 minutes of aerobic exercise daily.
5. Establish reasonable and **sustainable** personal fitness goals. Skip the marathons!
6. Address medical issues with a physical, blood work, massage therapy, physio & chiro.
7. Enjoy sometimes sharing social aspects of fitness: cycling, walking, hiking, yoga, Pilates, dancing and running with like-minded people. Make fitness fun and varied!
8. Spend quiet time in nature every day if possible. Enjoy surrounding yourself with pictures of nature. Feel your tension decrease when you look at them and imagine yourself sailing, kayaking, walking on a beach or through the woods.
9. Learn to let go, simplify your life and cut down the cluttered and continual input. Turning off the tele and skipping reading the news will likely make you a happier person.
10. Find a creative passion, enjoy continual learning.
11. Make a difference and mentor others.

### Resources:

Younger Next Year, Crowley & Lodge

Younger Next Year for Women, Crowley & Lodge

Younger Next Year Exercise Program, Crowley & Lodge

Blue Mind, Wallace J. Nichols

Yoga DVD: Total Body Workout, Rodney Yee