



The Seven Healthy Habits

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1. COMMUNITY

Like-minded communities are fertile ground for collaboration and growth. When individuals with similar interests and goals come together, they can pool their resources, share knowledge, and collaborate on projects. This collective effort often leads to innovative ideas, increased productivity, accelerated learning, and three times more success in achieving goals.

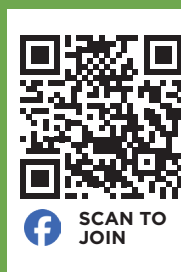
A supportive community can be a powerful tool for weight loss success. It can provide benefits that are difficult to achieve on your own, such as:

- **Accountability:** Others can check in on you and encourage you to stay on track with your goals.
- **Emotional support:** You can share your struggles, frustrations, and victories with like-minded individuals who understand what you're going through. This can boost your mood, increase your resilience, and help you stay positive.
- **Reduced isolation:** You can feel comforted by the shared understanding that you're not alone in your weight loss efforts.
- **Inspiration:** Working out with others can inspire you to work harder and hold yourself more accountable.

HERE ARE SOME HABITS THAT CAN HELP BUILD STRONG FRIENDSHIPS:

- **Make time for each other.**

- **Schedule regular hangouts.**
- **Try new things together.**
- **Be vulnerable.**
- **Do something special for each other.**
- **Touch base regularly.**



Facebook Community:
All are welcome to join us in the R3 Facebook community for education, inspiration, and accountability! (Members and Non-Members are welcome if Non-Members are referred by an existing Member!) Join us at [Facebook.com/groups/r3weightloss](https://www.facebook.com/groups/r3weightloss).

2. NUTRITION

Good nutrition can have many benefits, including:

- **Fueling the body:** The nutrients in food help maintain the brain, muscles, bones, nerves, skin, blood circulation, and immune system.
- **Protecting against disease:** Good nutrition can help protect against illness and disease, such as heart disease, diabetes, cancer, and osteoporosis.

- **Improving digestion:** Eating a balanced diet that includes fiber-rich foods like fruits, vegetables, and whole grains can improve digestion and prevent constipation.
- **Supporting healthy pregnancies and breastfeeding:** Good nutrition can support healthy pregnancies and breastfeeding.
- **Boosting mood and energy:** Maintaining a balanced diet can boost mood and increase energy levels.
- **Improving mental well-being:** Good nutrition can improve mental well-being and the ability to recover from illness or injury.

SOME TIPS FOR EATING A HEALTHY DIET INCLUDE:

- Eating a variety of vegetables every day
- Eating whole grains for at least half of your cereals, breads, crackers, and pasta
- Choosing low-fat or fat-free milk
- Choosing lean meats
- Trying other sources of protein, like fish, beans, or tofu

3. SUPPLEMENTS

Nutritional supplements, such as vitamins, minerals, and herbs, can help improve your overall health by providing nutrients that your diet may be lacking. They can help you meet your daily requirements of essential nutrients, which are vital for your body to develop and function properly. For example, calcium and vitamin D can help build strong bones, and fiber can help maintain bowel regularity. Some supplements can help with weight loss by improving metabolism, increasing fat burning, or reducing hunger.

The *Peak Performance Nutrition Pack* is the most important product we believe every person should use twice a day, every day, for optimal health. This pack brings together six life-changing daily supplements that have been clinically tested to deliver essential vitamins and nutrients, enhance

nutrient absorption, lower free radicals, improve blood flow, and so much more!

4. WATER

Drinking water can help with weight loss in several ways, including:

- **Appetite suppression:** Drinking water before meals can help you feel full and reduce hunger. People often confuse thirst with hunger.
- **Metabolism:** Drinking water can increase your metabolic rate, which helps your body burn fat. Dehydration can slow down your metabolism by 3%.
- **Exercise:** Drinking water can make exercise easier and more efficient.
- **Calories:** Drinking water can help you eat fewer calories and reduce the calories you consume from fluids. For example, drinking an extra cup of water per day can save you 68 calories, and drinking three extra cups can save you 205 calories.
- **Sugar and fat:** Drinking water can help you lower your intake of sugar, saturated fat, sodium, and cholesterol. Replacing sugary drinks with water is a simple way to reduce your calorie and sugar intake.

BOOST IMMUNITY

- **Hydration:** Drinking enough water helps prevent dehydration, which can stress your body and make your immune system less effective. Staying hydrated also helps your blood circulate properly, which allows immune cells to reach infections faster.
- **Blood and lymph:** Water helps your blood and lymph, which contain immune cells, flow throughout your body.
- **Oxygen:** Water carries oxygen to your cells, which helps your immune system function properly.
- **Waste removal:** Water helps your body get rid of toxins and waste.

HOW MUCH WATER DO YOU NEED TO DRINK EVERY DAY?

Every day you lose water through your breath, perspiration, urine, and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The US National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- **About 15.5 cups (3.7 liters) of fluids a day for men**
- **About 11.5 cups (2.7 liters) of fluids a day for women**

These recommendations cover fluids from water, other beverages, and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.

5. EXERCISE

Exercise is important for weight loss because it helps you burn more calories than you consume. It can also help you build muscle mass, which can help your metabolism run well. When you diet without exercising, you can lose both fat and muscle, which can cause your metabolic rate to drop.

The American College of Sports Medicine (ACSM) recommends that healthy adults aged 18–65 years participate in physical activity to promote and maintain health. ACSM recommends people participate in a walk or other moderate-intensity exercise for 150 minutes or more a week for health benefits. For weight loss, 250 minutes or more of moderate-intensity activity is recommended per week. Start slowly and build up to maintain your motivation and avoid overuse injuries.

TYPES OF EXERCISE:

- **Aerobic activity:** Perform moderate-intensity aerobic activity for at least 30 minutes, five days a week, or vigorous-intensity aerobic activity for at least 20 minutes, three days a week. The intensity should be 55–90% of the maximum heart rate and 40–85% of the

maximum oxygen uptake reserve. Alternatively, you can break up the 20–60-minute session into 2–6 10-minute periods throughout the day. Those that are less fit should start with lower-intensity exercise.

- **Resistance exercises:** Perform resistance exercises for major muscle groups at least two days a week. You can use free weights, machines, or body weight. Examples include push-ups, lat pulldowns, and bicep curls.
- **Flexibility training:** The ACSM recommends many types of stretching, including ballistic, dynamic, static, and proprioceptive neuromuscular facilitation (PNF).

Proprioceptive neuromuscular facilitation (PNF) is a type of stretching technique that involves contracting and stretching a muscle group to improve flexibility and range of motion. It can also help with physical performance and muscular strength. PNF stretching has been proven to improve active and passive range of motion. PNF is often used by physical therapists, chiropractors, massage therapists, and personal trainers as part of a specialized care plan. It can also be used by athletes to improve their performance and help people regain range of motion after surgery or injury.

A core principle of PNF is that a muscle will relax maximally after contracting maximally. Two PNF techniques that demonstrate this principle are hold-relax and contract-relax:

Hold-relax: Involves stretching a muscle, holding it for a few seconds, then contracting it isometrically without moving. This triggers a reflex that creates a 6–10-second window for a deeper stretch. After relaxing the stretch, the person stretches again while exhaling, making the second stretch deeper than the first.

Contract-relax: Involves contracting either the tight muscle directly or the opposing muscles indirectly. The person should resist all components of the pattern, focusing on the rotational component, and avoid any significant motion through the range of motion.

6. SILENCE

According to research, humans need daily silence. Did you know that eating in silence can help people eat less than those who eat while distracted by noise or music? This is called the “Crunch Effect” and is based on the idea that listening to the sounds of chewing and crunching makes people more aware of what they’re eating.

Embracing the power of silence can lead to improved mental health, reduced blood pressure, enhanced self-awareness, and a sense of inner peace.

SILENCE CAN HAVE MANY BENEFITS FOR THE BODY AND MIND, INCLUDING:

- **Stress relief:** Silence can help the brain and body release tension, which can be more relaxing than listening to music.
- **Improved concentration:** Silence can help people focus on tasks, especially in a world full of competing noises. Sounds above 80 decibels can make it difficult to focus.
- **Better mental health:** Silence can lead to improved mental health, reduced blood pressure, and a sense of inner peace.
- **Creativity:** Silence can be an important part of the creative process.
- **Emotional processing:** Silence can allow people to process their emotions instead of suppressing them.
- **Improved relationships:** Silence can help people gain respect and improve their relationships.

Use these examples as inspiration to come up with your quiet-time habits. Keep exploring until you find what brings you comfort and peace.

- **Set an intention:** Before you start your day, take a few deep breaths in silence and set an intention or goal for the day.
- **Enjoy natural silence:** Immerse yourself

TARGET HEART RATE CALCULATOR

Target Heart Rate (THR) range values are often calculated to ensure exercise intensity is maintained at a desired level. This calculator automatically calculates THR ranges.

The Karvonen formula is often used for this purpose and calculates results as a function of heart rate reserve (HRR) and maximum heart rate (HR max).

- **HRR = HR max - HR rest**
Where HR rest is the resting HR of the individual

HR max may be calculated by a maximal exercise test (value to be entered into the calculator directly) or by using an age-predicted formula.

THERE ARE TWO FORMULAS CURRENTLY USED:

1. **HR MAX = 220 - AGE** (which is reported to be simpler to use)
2. **HR MAX = 206.9 - (0.67 × AGE)** (reported to be more accurate)

THE TARGET HR RANGE IS CALCULATED AS FOLLOWS:

• **THRR = (HRR × DESIRED TRAINING INTENSITY) + HR REST**

TARGET HR MAX (THR MAX) IS CALCULATED AS FOLLOWS:

• **THR MAX = (DESIRED TRAINING INTENSITY) × (HR MAX)**

For example, if calculating THRR for a 45-year-old with a resting HR of 72 bpm, whereby training intensity is 40-59%:

1. **HRR = [(220 - 45) - 72] = 103 BPM**
2. **THHR = 103 × 0.4 + 72 = 113.2 BPM AND 103 × 0.59 + 72 = 132.77 BPM**
3. **THHR = 113 - 133 BPM**

Medications such as beta-blockers directly impact an individual's heart rate. For this reason, alternative measures of exercise intensity may be more appropriate. Always ask your doctor for advice regarding medications and exercise.

in the natural silence of nature in a park or garden and focus on the present moment.

- **Read a book:** Curl up on the sofa and read a good fiction book. Reading fiction has been shown to increase empathy and emotional intelligence.
- **Self-reflection:** At the end of the day, find a quiet space to reflect on what you're grateful for. Start a gratitude journal to help you develop this habit.
- **Get rest:** Go to bed early and incorporate calming stretches.

A couple quotes from Mother Theresa offer another insight into silence that we can experience in our unique way.

“God speaks in the silence
of the heart.
Listening is the beginning
of prayer.”

“We need silence to be
able to touch souls.”

7. SLEEP

Sleep is essential for overall health and well-being, affecting both physical and mental functioning. It helps the body support brain function and maintain physical health and can improve mood, reduce stress, and help you think more clearly. Getting enough sleep can also help you learn and form memories, focus on tasks, fight disease and develop immunity, regulate blood sugar, and maintain a healthy weight.

Sleep is also connected to other pillars of health, such as nutrition and physical exercise. For example, not getting enough sleep can lead to food cravings, especially for carbohydrates. Poor sleep can also be a factor in diabetes and obesity, as it can affect blood sugar levels.

Lack of sleep can also be dangerous, increasing the risk of mistakes and accidents. According to a 2018 study, people who slept 4 hours or less had a risk of causing a car accident that was 15.1 times higher than those who slept 6 hours. The CDC also reports that staying awake for more than 18 hours is comparable to having a blood alcohol content (BAC) of 0.05%.

During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development. Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems.

SLEEP IS IMPORTANT FOR WEIGHT LOSS IN SEVERAL WAYS, INCLUDING:

- **Caloric intake:** People who get more sleep may consume fewer calories. One study found that people who increased their sleep duration reduced their caloric intake by an average of 270 calories per day.
- **Hunger and fullness:** Sleep deprivation can make people feel hungrier and less satisfied after meals. Studies have shown that sleep-deprived people are more likely to choose high-carb snacks and eat larger portions of all foods. Sleep deprivation can also lead to an increase in the hunger hormone ghrelin and a decrease in the satiety hormone leptin, which can increase feeding drive.
- **Metabolism:** Sleep can help protect your metabolism. Poor sleep may also negatively affect the sympathetic nervous system, which can increase levels of cortisol, a hormone related to stress. It may also suppress insulin-like growth factor 1 (IGF-1), which is linked to greater fat storage.
- **Fat burning:** The body burns the most fat during REM sleep, which occurs during the last half of the night.
- **Sweating:** During sleep, people sweat about 25 milliliters per hour under temperate conditions, which could equate to a drop in weight of approximately 200 grams overnight.

The recommended amount of sleep depends on age and other factors, such as genetics, behavior, medical conditions, and environment:

- **Adults (18–60 years):** 7 or more hours
- **Adults (61–64 years):** 7–9 hours
- **Adults (65 and older):** 7–8 hours

HERE ARE SOME TIPS THAT MAY HELP YOU SLEEP BETTER AT NIGHT:

- **Create a restful environment:** Make sure your room is cool, between 60–65°F, and free of clutter. You can also try using pleasant smells like lavender or geranium. Invest in comfortable bedding and a supportive mattress.
- **Limit screen time:** Avoid looking at your phone or computer before bed as this can make it harder to fall asleep. Try turning off all electronic devices at least 30 minutes before going to bed.
- **Relax before bed:** Try a routine that helps you wind down, like reading, listening to music, or taking a bath. You can also try relaxation techniques like breathing exercises, progressive muscle relaxation, or prayer and meditation.
- **Manage stress:** Set aside time each day to address your worries and make a plan. This can help your brain stop worrying at night.
- **Pay attention to what you eat and drink:** Avoid going to bed hungry or stuffed. You can try eating a small snack 30 minutes before bed, and a larger meal about two hours before. Some foods, like cherries, bananas, and almonds, contain natural melatonin or tryptophan, which can help you sleep. You should also avoid caffeine in the afternoon, as it can stay in your system for an hour.

REFER TO PAGE (80) FOR THE DAILY
HEALTHY HABIT TRACKER DOCUMENT.

