



## Tips to “fall” into a healthy lifestyle in 2017\*

### 1. “Stay hydrated, stay happy!” –Chia Leah

#### **Water is your best medicine.**

*Why? Water helps us function, think, sleep and manage stress more efficiently.*

*How? 60oz/day plus 1oz for every minute of intense exertion/exercise, keep a system for keeping track  
Water, herbal tea, fresh veggies/fruit such as celery, cucumbers and watermelon*

### 2. **Eat a rainbow!**

*Why? Eat every color, every day to get the variety of nutrients, vitamins & minerals you need to strengthen your immune system and fight off disease. This provides extra benefits to your “microbiome”*

*How? Half of our plate at each meal should include vegetables & fruit. SNACK TIME FOR KIDS is the best time to offer veggies and fruit- they are so hungry after school!*

### 3. **Eat more fiber!** Think REAL food: legumes, veggies/fruit, whole grains, nuts & seeds

*Why? It keeps us full longer, keeps us regular, helps reduce cravings, and so much more!*

*How? Aim for 25g+/day for adults. 10g+Childs Age=Fiber/day per child*

### 4. **Eat. Less. Sugar.**

*Why? Sugar causes inflammation, which leads to long term health issues.*

*How much? 25grams or less a day of added sugar, this does NOT include whole fruits.*

*Easy ways to eat less sugar: avoid juice and fancy coffees, cut out 1/3 of the sugar in any baking recipe.*

### 5. **Never underestimate how stress affects your health.**

*Two very basic ways to reduce stress are #6 & #7*

### 6. **Get more rest. Sleep is CRITICAL to good health so make it a priority!**

### 7. **Be Active. No excuses attitude!**

\*Start by incorporating **JUST one small change** into your routine. Make it an attainable goal that you can succeed at. When we succeed, we feel motivated, confident & inspired to take that next step to adding in another small change for better health.

### **Leah’s Fall Reading List:**

*Inspiring, read a chapter at a time: Life is your best medicine by Tierona Low Dog, MD*

*To de-stress daily: The Book of Awakening by Mark Nero*

*For all: What The World Eats by Faith D’Aluisio & Strong is the new pretty by K.T. Parker*

### **A Few of my favorite things:**

**Thrivemarket.com** for on the go snacks and options for food allergies

**Portion control snack bags** from Target. Reuse ‘em.

**Trader Joe’s:** pre-portioned nuts for “mom’s emergency purse snack”



## Fall Go-To Snacks

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**Water! Water! Water!** Stay hydrated, stay happy!

### **RAW veggies and fruit** (and hummus, honey or cinnamon)

Pre-cut and have them ready to grab and go!

*Have you thought of:*

*Cucumbers cut lengthwise topped with a dash of honey & sea salt, Romaine rolls filled with hummus, Endive leaves dipped in hummus, Jicama or apple sprinkled with cinnamon*

### **Roasted Pumpkin Seeds** (swap out after school crackers for these)

Heat oven to 350. Spread pumpkin seeds on a baking sheet. Spray with non-GMO olive oil. Sprinkle with sea salt.\* Roast for 10 mins or until you hear popping/seeds turn from green to golden. Keep extra in an airtight container for up to a week. ¼ cup = 1 serving. \*add a dash of ground cinnamon.

### **Sweet Potato Roasters**

Heat oven to 250. Thinly slice a sweet potato then mix in about 1T olive oil to coat the taters. Place on a baking sheet for 45-55 minutes (flipping halfway) until the roasters are golden brown. Add a twist of sea salt and cinnamon. I serve these with apple slices. The kids come home and the house smells yummy!

### **Avocado boat**

Cut avocado in half, pull out seed, add sea salt, just scoop with a spoon. You can also sprinkle 1Tbsp chia or hemp seed on it and squeeze a little lemon or lime on top. ¼- ½ avocado= 1 serving

### **Chia Leah's Autumn Smoothie (2 servings)**

*Anti-inflammatory powerhouses pumpkin, sweet potato and cinnamon!*

½ cup canned pumpkin (not to be confused with pumpkin pie filling)

1 Cup unsweetened almond milk (or any milk of your choosing)

½ roasted sweet potato, skinned

1 tbsp chia seed

1 tsp vanilla extract

1 tsp ground cinnamon

Handful of ice on top

Optional: add 1 tsp pure maple syrup

Blend well in a high powered blender. Serve immediately.

**Also go to [Chialeah.com](http://Chialeah.com) for these recipes:**

**"Spooky Good Trail mix" recipe** (awesome upgrade idea from the typical soccer team post game snack)

**"Sweet Potato Punkin Muffins"** (major crowd pleaser and picky child favorite!)