

# CHANGE YOUR LIFE IN FIVE WEEKS WITH FIVE SIMPLE HEALTH TIPS

1. Implement one healthy change per week and do it everyday.
2. Maintain the new habit and add the subsequent health change on the consecutive week, following the new changes on a daily basis.
3. Build upon each change, each week, day by day and by the end of five weeks you will have five habits that are familiar, routine and life altering.

## Week 1- Drink Water

Consume 5 full glasses of water per day.

Hints:

- Consume 1-2 full glasses of water first thing in the morning before you go for the coffee! This way you will already be ahead of the game before your day even starts.
- Drink another glass between breakfast and lunch and between lunch and dinner. Have the last glass a half- hour after dinner.

## Week 2 – Chew Your Food

Make a sign on a piece of folded paper that says: "Chew!"

- Place it in front of you when you sit down to eat (make sure you can see it).
- Part of this exercise involves enjoying and savoring your meals.

## Week 3 – Choose Your Food

Eat a minimum of two pieces of fresh whole fruit per day.

Hints:

- Have one fruit with breakfast and one for your snack in the afternoon. If you want more, feel free to have a piece of fruit at lunch and for a desert after dinner.
- Choose from apples, bananas, oranges, kiwi, berries, mangos, melons, grapes and pears.



## Week 4 – Choose Your Food... Continued.

Make 50% of your plate at dinner fresh vegetables.

Hints:

- Choose from carrots, green and yellow beans, broccoli, cauliflower, red, green, yellow and orange peppers, asparagus, green leafy lettuces, brussel sprouts, mushrooms, cucumber and tomatoes.
- Have these vegetables as a salad, steamed, stir fried, grilled, baked or in soups.
- Drizzle olive oil, balsamic vinegar and some garlic flakes over your veggies for a lovely, satisfying flavour.

## Week 5 - Walk

Walk for 15 minutes to 1 hour per day.

Hints:

- Walk in the morning before work.
- The day gets busy and by the end of the day you won't feel like it. So, get up earlier and once you are out the door the sun will be out and the birds will be singing. You will never have felt better.

***Do all of this with kind intention in your heart because you deserve to feel good and enjoy life.***

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Dr. Heidi McGill (B.Sc, N.D.) holds a nutrition degree from the University of Guelph (1996) and graduated from the Canadian College of Naturopathic Medicine in 2004. She is a Registered Doctor of Naturopathic Medicine and is the founder of Healing Foundations Naturopathic Clinic. She has

helped dozens of people achieve better health and acquire stronger immune systems using the principles and practices of naturopathic medicine. She offers seminars and writes articles on topics that matter to

you. Heidi is passionate about educating you on how your body functions and is focused on guiding you towards optimal health, vitality and more joy in your life.

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