

# Cornerstones of Health

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Between work, family, and trying to squeeze in some fun, taking care of ourselves can easily slip to the bottom of the to-do list. But guess what? Our health is the foundation of everything we do, it's what fuels our energy, resilience, and overall wellness. To help you integrate the Cornerstones of Health into your routine, I am breaking them down into four pillars of well-being: sleep, gut health, nutrition, and exercise. Here are some strategies that you can apply immediately.

## Sleep: Power Down to Power Up

Sleep provides the time for our brains to consolidate memories, solve problems and recharge. Here are some tips to help you sleep better:

- Try setting a consistent sleep schedule.
- Establish a relaxing bedtime routine (think diffusers, lavender oil, etc.).
- Create a cozy sleep environment (sheets and pillows that you sink into).
- Keep a sleep journal to help you crack your body's code.

## Gut Health: Your Second Brain

Your gut has trillions of good bacteria, they're like the cheerleaders of your health. They influence everything from immunity to mood. Here are some ways to keep your gut happy:

- Eat a diverse diet full of colorful fruits and veggies.
- Limit processed foods.
- Manage and reduce stress in your life.
- Notice how different foods affect how you feel.

## Nutrition: Fueling Your Body

Nourishing your body is about eating whole, unprocessed foods to energize your body.

- Eat a wide range of fresh fruits and vegetables. (Do you see a pattern here?)
- Avoid white flour and sugar, eat whole grains that are loaded with fiber.
- Choose lean proteins that are grass fed when possible.
- Drink 8 glasses of clean water to stay hydrated.

## Move Your Body, Feel Your Best

My personal favorite of the cornerstones is exercise! In a world glued to screens, moving our bodies is more important than ever. Exercise will boost your mood, sharpen your mind, and reduce stress. I love group fitness, but studies show lifestyle movement counts. Here are some tips to get you started:

- Find activities you enjoy, whether it's dancing, hiking, gardening, or a team sport.
- Get a fitness buddy to do activities with.
- Strive for 20 minutes of movement a day, walking is excellent exercise.
- Track your progress, it doesn't take long to build your endurance.

**Fun Fact:** Remember, these are just the building blocks. The key is to listen to your body, experiment, and find what works best for YOU. It's not about perfection, it's about progress.