

OPTAVIA Healthy Habits eNewsletter

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Your LifeBook: Element 18

Exercise is Your Gift to Yourself

In Element 17 of *Your LifeBook*, we explored how NEAT (Non-Exercise Activity Thermogenesis) helps you burn additional calories each day without drastically changing your daily routine.

Element 18 of *Your LifeBook* explores EAT (Exercise Activity Thermogenesis), and how it can enhance your healthy motion routine, so you sustain your healthy weight during Phase II of your weight loss journey.

The EAT system is divided into three progressive levels that you can accomplish at your own pace—Walking and Fitness Program, Resistance Program, and Boosting Your Workouts (High-Intensity Interval Training). Remember, it's important to talk to your healthcare provider before beginning any workout routine.

- **Level One—Walking and Fitness Program.** Begin by walking 20 minutes a day, including five minutes to warm up and five minutes to cool down. Then, increase your walk by five minutes each week. Once you've reached 20,000 steps per week (in addition to the steps you're completing with NEAT) and have been walking five days every week for at least one month, you're ready to progress to Level Two.
- **Level Two—Resistance Program.** Each Resistance Program session focuses on either your upper body or lower body, along with core muscles. Choose two days a week for these workouts, but remember to rest at least two days between sessions to allow your body time to recover. A 30-minute session should consist of a five-minute warm-up, five repetitions of five selected movements, five different exercises that work the same muscle groups, and a five-minute cool-down stretch.
- **Level Three—Boosting Your Workouts.** As your muscles strengthen and you become more fit, the easiest way to advance your workout is to increase the intensity, frequency, and total amount of time. When you're ready, you can also incorporate HIIT (High-Intensity Interval Training), which will increase your exertion.

When you're ready to be more active, be sure to implement NEAT and/or EAT into your routine, both are essential to maintaining optimal health and wellbeing. By using this program consistently, you'll experience the right amount of healthy motion to help you keep your weight off!

When you're ready to implement the Habit of Healthy Motion, please reach out to me, your independent **OPTAVIA** Coach, for additional tips and advice on how to safely implement exercise into your routine.



Check out Dr. A's Element Stories [here!](#)

Labor Day Tips

Labor Day weekend is next week! For many of us, this holiday means celebrating with friends, family, and food while taking in some of the last days of summer.

No matter how you plan to celebrate the holiday weekend, there are plenty of ways to participate while staying on plan!

Check out these tips to ensure a healthy and happy Labor Day weekend!

- **Plan outdoor games.** Rent a corn hole set, blow up a bouncy house, or set up a volleyball net to keep the whole family entertained, while also implementing healthy motion.
- **Bring along a Lean & Green friendly dish.** Whether you attend a party or celebrate at home, ensure delicious Lean & Green meals are on the menu to keep you on track. Head to the **OPTAVIA** App and choose from more than 170 recipes!
- **Last call on seasonal produce!** Visit your local farmers market for delicious seasonal veggies before they transition to fall harvest. Now is the best time for summer squash, fresh cucumbers, and more! Veggies like squash cooked on the grill are a staple of the holiday.
- **Stay hydrated.** On hot days it is crucial that you and your family stay hydrated. Keep water bottles near at all times and look out for any signs of dehydration.



Ask me, your independent **OPTAVIA** Coach, about other tips to help you stay on plan during Labor Day weekend to ensure you continue your journey to Lifelong Transformation, One Healthy Habit at a Time.



Salmon with Cauliflower Tabbouleh

Yield: 4 servings

Per serving: 1 lean, 3 green, 3 condiments

Total Time: 30 minutes

Ingredients Directions

4 cups
cooked
cauliflower
rice

1 cup Italian
parsley,
chopped

1 cup diced
tomatoes

1 cup diced
cucumber

2 cloves
garlic,
minced

4 tbsp
lemon juice

¼ tsp salt,
divided

¼ tsp
ground
black
pepper,
divided

1½ lbs.
sockeye
salmon

1. Combine the cauliflower rice, parsley, tomatoes, cucumber, garlic, lemon juice, and ⅛ teaspoon of both salt and pepper; toss well. Refrigerate until ready to serve.
2. Preheat the oven to 425°F.
3. Line a sheet pan with parchment paper or foil. Spray with non-stick cooking spray.
4. Season salmon with ⅛ teaspoon of salt and pepper. Place in a single layer on the sheet pan.
5. Place the sheet pan in the oven and cook for about 8 to 9 minutes or until salmon reaches an internal temperature of 140°F or to desired consistency.
6. For one portion, serve 5 oz. of cooked salmon with a quarter of the cauliflower tabbouleh.

Nutrition Per Serving: 290 calories, 39g protein, 11g carbohydrate, 10g fat

Download the **OPTAVIA** App today for additional Lean & Green recipes!



Journey to Success:

Sarah

Regaining Control

Sarah had always struggled with her weight, and as she got older, she noticed the scale continued to go up.

"After 10 years of wanting to have children, we adopted our son, who is the biggest blessing in our life! However, I found myself at the age of 38 with an almost 2-year-old and not feeling like I could keep up with him or fit in with the other young moms with kids my age. I knew I needed a change."

Sarah decided to call her friend who had lost weight through **OPTAVIA**^{*} and kept it off. While hesitant initially, Sarah eventually got on plan and reached a weight she never thought possible.



"I began reading through *Your LifeBook*, and I can't even describe the change that has happened to me on the inside. I drastically changed my appearance by following a VERY easy plan."

Not only has Sarah kept the weight off, but she can also play with her son, has seen improvement in her relationships, and has begun exercising regularly.

As time went on, Sarah decided she wanted to help others achieve a healthier lifestyle as well, so she became an independent **OPTAVIA** Coach!

"I am watching my friends and family regain control of their future. I couldn't be more thankful that I picked up that phone and called my **OPTAVIA** Coach. My life is forever changed."

**Average weight loss on the Optimal Weight 5 & 1 Plan[®] is 12 pounds. Clients are in weight loss, on average, for 12 weeks.*



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