

OPTAVIA Healthy Habits eNewsletter

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Your LifeBook: Element 19:

How Do You Create Healthy Sleep and Unlimited Energy

In Element 19 of *Your LifeBook* we will focus on optimizing your sleep and energy management. Just like a healthy diet and exercise, sleep plays a vital role in physical health, brain function, and emotional wellbeing. Therefore, it's essential to be optimally charged every morning to have the drive to power through your day.

Here are some ways you can optimize your sleep and manage your energy throughout the day:

- **Determine your bedtime.** Decide what time you need to wake up and then count back eight (or more!) hours. This is the time you should be in bed and ready to go to sleep. Sticking to the same sleep schedule will help your body find its natural rhythm and settle into a regular cycle, making it easier to fall asleep and wake up.
- **Have an evening ritual.** You should begin your evening ritual about one hour prior to bedtime. This time is called the "twilight hour." Ensure that all chores or work are wrapped up and all family matters are resolved before your twilight hour. Once everything is settled focus on winding down with relaxing activities such as taking a hot bath or journaling about your day.
- **Create an optimal sleep environment.** Your bedroom should be dark, quiet, and at a comfortable temperature. Try blackout curtains to block out light or even try a white noise machine to mask ambient noises and other external sounds.
- **Have a morning ritual.** Like your evening ritual, having a morning routine can start your morning off right. After eight solid hours of sleep, your body and mind will be prepared for an optimal day. Some things you may include in your morning ritual are a healthy breakfast, a morning walk, or a meditation session.
- **Restore your energy during the day.** There are several methods to help restore your energy levels if you're feeling tired during the day. For example, try deep breathing, stretching, listening to music, or engaging in a lively conversation with a colleague or friend to boost your alertness.

Ask me, your independent **OPTAVIA** Coach, about other ways to create healthy sleep and improve your energy on your journey to Lifelong Transformation, One Healthy Habit at a Time.



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

Create a Dream Board

Ideas, goals, and dreams are constantly flowing through our minds. A great way to document these thoughts and new ideas is to organize them on a visual dream board!

Dream boards are a place to bring together your ideas and turn them into tangible short or long-term goals. Dream boards not only organize your mind and offer a visual representation of your goals, but by using this format will keep these thoughts at the forefront of your mind, which can help you accomplish them more efficiently.

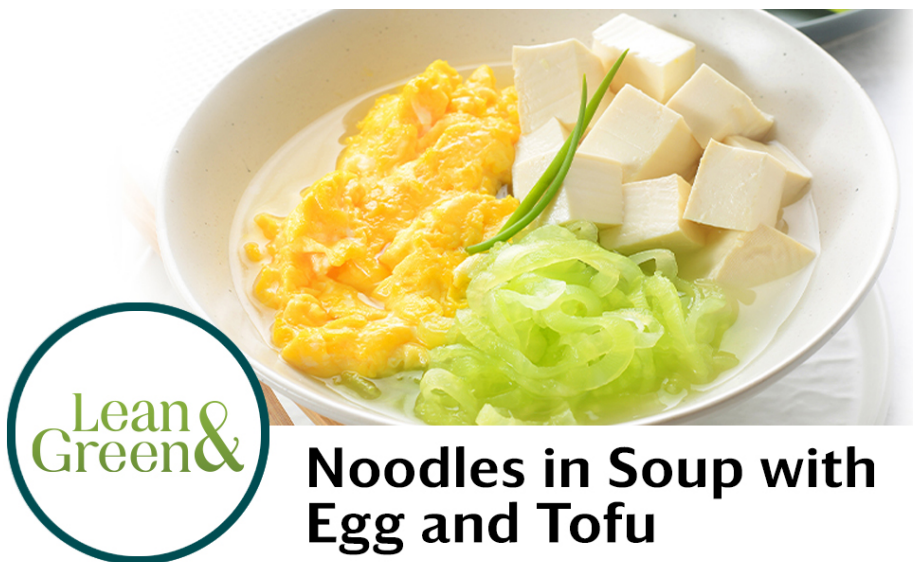
As we enter the remaining months of the year, now is a great time to ensure your end of year goals/ideas are on track and start thinking of future goals for 2023! Check out the following tips on how to create your own dream board:



- **List your goals.** Start off by listing your goals. Then, divide them up into categories such as health, work, and social. Doing so can help to bring the ideas to the forefront of your mind.
- **Find photos.** What separates a dream board from a list is its visual nature. Having beautiful photos that remind you of your goals and dreams will tremendously increase the success of your dream board. Gather old magazines, photos, newspaper clippings, and other items that can be put onto a board that reminds you of your goals.
- **Add words of encouragement.** Reinforce your goals and overall vision by adding words and words of inspiration that stand out, helping to strengthen your daily motivation. Check out [OPTAVIA's Facebook Page](#) for weekly advice and words of inspiration to use on your board!
- **Reflect on your learning.** Journaling while creating your vision board is a great way to reflect on lessons you've learned, keep track of healthy tips, and document your physical and emotional reactions on your health journey. This can help identify what is working well or if there are any changes that you can make.
- **Share your dream board.** When your dream board is finished, let's talk about your visions, dreams, and goals out loud, taking another step toward making them come true and attainable soon.

Dream boards can maximize each season of your life. You can keep them private or share them with your Coach. Whatever works for you and your goals so feel free to get creative and dream big!

Connect with me, your independent **OPTAVIA** Coach, if you need ideas or want to see my dream board for inspiration!



Recipe Serves: 4

Total time: 25 minutes

Per Serving: 1 lean, 3 green, 1 condiment

Ingredients

Cooking spray
8 large eggs
2 cups vegetable
broth
2 cups water
7½ cups zucchini
noodles (or
wosun noodles)
20 oz. firm tofu
1 medium
scallion, trimmed
and chopped

Directions

1. Heat cooking spray in a pan. Scramble eggs and set aside.
2. Bring the broth and water to boil in a pot. Add zucchini noodles and cook for 2 minutes. Transfer noodles to a serving bowl and set aside.
3. Boil tofu in the broth for 3 minutes.
4. Place tofu and eggs on top of the zucchini noodles. Pour the broth into the bowl.
5. Garnish with scallions, and serve hot immediately.

Nutrition Per Serving: 290 calories, 28 grams protein, 16 grams total fat, 11 grams total

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



Journey to Success: Jennifer

More than a Diet

Jennifer became an **OPTAVIA** Client about a year ago. At the time she was desperate to lose weight and improve her holistic health.

“Thanks to the Habits of Health Transformational System, my independent **OPTAVIA** Coach, and the Community, I immediately realized this program was more than a way to lose weight. It offered a broader solution for transforming my life and the lives of others.”

Jennifer was so inspired by the **OPTAVIA** program and personal support from her own Coach that she wanted to share the gift of health with others and became an **OPTAVIA** Coach just two weeks into her personal journey.

“My parents were my first Clients, and they were amazed at how easy and effective the program was. Watching them work together to positively impact their own lives was a beautiful thing after all they did for me.”

Jennifer didn't stop there. She grew a team that is filled with Coaches who are extremely passionate about offering what **OPTAVIA** has given her and others in need.

“I recently celebrated my journey by buying a dry suit (special kayaking outfit) straight off the rack. Prior to **OPTAVIA**, I thought I would need to have one custom-made because of my size.”

It is a blessing to Jennifer to have a positive impact on others. **OPTAVIA** started out as a way to lose weight, but quickly impacted her entire life, and now the lives of others.

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





Bill Ellis
Independent **OPTAVIA** Coach
coach.billellis@gmail.com
<https://coach.optavia.com/williamellis>
708.704.7617
Orlando, Florida



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