

Health & Wellness Style

*The Smart Woman's Guide to
Balance, Wellness, and the Enjoyment of Food*

Deborah Crespo

Health & Wellness Style
Copyright © 2008 by Deborah Crespo
Cover by Jillian Rowe

All rights reserved.
Printed in the United States of America
First Printing: January 2009
ISBN-13 978-0-615-26525-4
ISBN-10 0615265251

No part of this book may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems, without permission in writing from the author. The only exception is by a reviewer, who may quote short excerpts in a review.

Note: This publication contains opinions and ideas to provide helpful and informative material on the subject matter covered. It is sold with the understanding that the author is not rendering professional services in the distribution of this book. Assistance, advice, or guidance should be obtained through direct consultation with the appropriate professional.

The author and the publisher specifically disclaim any responsibility for liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, from the use and application of any of the contents of this book.

For details about this book contact:
Deborah M. Crespo
website: www.phabnutrition.com

**The information presented in this book is not meant to diagnose, prescribe, treat, cure or prevent disease or illness. Please contact your health care professional before starting or making changes to your diet and exercise plans. Our relationship with food, and our body image, is often related to life experiences. This may require us to reflect upon and confront issues or challenges that stand in the way of our success. You are encouraged to speak with a qualified professional to explore any difficult issues that affect your mental or emotional well-being.*

CONTENTS

INTRODUCTION	1
HOW TO USE THIS JOURNAL.....	3
HEALTH & WELLNESS STYLE IS LIFE STYLE	7
GETTING STARTED	25
WEEKLY JOURNALING AND AWARENESS BUILDING.....	47
Balance: Harmony, In The Right Proportion	49
Wellness: The Quality Of Good Health	101
Connection: Links That Fit Together.....	111
Enjoyment: To Take Pleasure In.....	135
CELEBRATE YOUR HEALTH & WELLNESS STYLE.....	153
RESOURCES	173

INTRODUCTION

Health & Wellness Style: The Smart Woman's Guide to Balance, Wellness and the Enjoyment of Food was written for the woman who's sworn the number on the scale must be an optical illusion; the woman who's banished her skinny jeans to the back of the closet more than once; the woman who believes that if she could receive a dollar for every time safe haven was found in a pair of forgiving sweats, she'd be rich.

A nutrition and fitness plan that tells us how much, what to do, and when to do it is useful, but it only becomes a living, breathing reality when it reflects our own unique personality and vision for health and well-being. *Health & Wellness Style* is not a diet or simply a book used to record calories and exercise. Instead, it is a way to refine your vision, celebrate your personality, and get in touch with your abundant personal power to create *total* wellness from the inside out.

Having an awareness of what inspires and motivates your actions, and brings you a sense of completeness and enjoyment, is the key to maintaining your “sticking power” when making changes that will last a lifetime.

Over the next few weeks, using *Health & Wellness Style's* guided entry pages, you will

- identify your goals and the strategies used to achieve them,
- assemble your own support team of accountability partners and experts,

HEALTH AND WELLNESS STYLE

- expand your knowledge about healthy eating and exercise, and
- increase your awareness about what people, places and things in your life bring you closer to your goals (goal builders), the ones that take you away from your goals (goal busters), and what to do about it.

Most importantly, you will also develop an inner compass that will allow you to find pleasure in food and fitness, and the confidence to choose what enhances your life and total well-being now and always.

HOW TO USE THIS JOURNAL

Health & Wellness Style may be used as a companion to any healthy diet and exercise plan or as a tool to step up your motivation and actions for lifestyle change. This journal also makes it easy to team up with someone else or as a group to work through the weekly, guided activities.

First, become familiar with what's in the journal. Each section and week has a purpose. They all fit together like pieces of a puzzle to form a picture that, in the end, will reflect your *Health & Wellness Style*. The opening sections focus on **Balance**. This includes *Health & Wellness Style is Lifestyle*, a place with useful tips and insights on how to build your unique style. You will want to review this area often for ideas or to set intentions along the way.

The *Getting Started Checklist* will help you set your timeline; choose your team of experts to assess health, fitness, and nutrition levels; partner or form a group to share ideas and celebrate successes; and create a healthy food sanctuary in your kitchen.

Food and Awareness journaling during the first two weeks will increase your knowledge of food, habits, and everyday experiences that are goal builders and goal busters. This information will allow you to make the right adjustments to bring you closer to success.

Weeks three and four will explore **Wellness** in goals and intentions. You will also begin to connect with food in a natural way, based on your intuition and what is right for your body.

This new way of thinking and eating continues over the next two weeks with ***Connections***. Your hunger level will be your guide for all meals and snacks as you consciously eat to a level of satisfaction. The focus will be to eat mindfully, appreciating texture, taste, color, people, and surroundings. You will feel empowered and gain even more confidence in your inner direction. The final two weeks are about ***Enjoyment***. You will put all the pieces together to your picture of success, while developing your “After Plan.” The final step is a celebration of your new *Health and Wellness Style!*

Write in Your Weekly Activities

Each week starts with a page to organize your thoughts and actions. You will start by writing in the date for the week along with a quotation, verse, or other words of positive encouragement under the heading “Wisdom of the Week.”

Next, you will support healthy changes by choosing a resource to increase your knowledge about nutrition, fitness or wellness, (see the *Resources* section in the back of the book for ideas), as well as, a point of focus for the week. This might be an affirmation, quote, or a reminder to do something that will take you closer to your goal (e.g., drink at least 8 glasses of water per day; keep a positive attitude; honor your space).

You will then line up your *Strategies* by planning the number of servings you will eat from the different food groups, a specific exercise schedule, and *Lifestyle Activities* or everyday movements of life that can be used to a healthy advantage (e.g., parking far away from the store entrance; making multiple trips up and down the stairs to carry loads of laundry; mowing the lawn; walking around the office when talking on the phone).

Personal Expression is a section where you will define your “90/10 Rule”. This rule expresses that ninety percent or the

majority of the time you are devoted to the plan, but ten percent of the time you will make room for personal expression. This may be represented as an activity, occasion, place or food that you do not wish to give up or change. Lastly, you will choose the measurements you wish to monitor. This may be weight, inches, blood pressure, body fat, endurance, strength or any measurement that is important to you.

Come back to this page at the end of each week and note your progress.

Weekly Meal Planning

Planning your meals for the week, along with a grocery list, will provide an easy path to follow for daily accomplishment. Don't forget to include eating out in your plan. Many popular restaurants provide nutritional information, allowing you to research the healthiest selections in advance.

Celebrate Your Health & Wellness Style

The back of this journal is where you will capture the best in food, fitness, and lifestyle. It is full of places to write down the personal favorites you discover along the way, such as healthy restaurant selections, fun workout music, and special occasions. Continue the celebration with hairstyle, clothing, colors, and make up that fit your new and fabulous shape, size, and attitude!

How to Begin

Give yourself permission to think about health and wellness in a new way, while realizing that change is a process. Prepare to let

go of past disappointments, anxiety about the unknown, and the words of naysayers. What you need is already in your possession. Now you will just learn how to use it. What you don't have will be discovered in one of those special places along the way. The time you spend with *Health & Wellness Style* is your gift to you. Open it—fully deserving—with faith, expectancy, and joy!