

# *Live Well to Be Well*

*...its time to get the straight story on anti-inflammatory living*





I choose  
Health

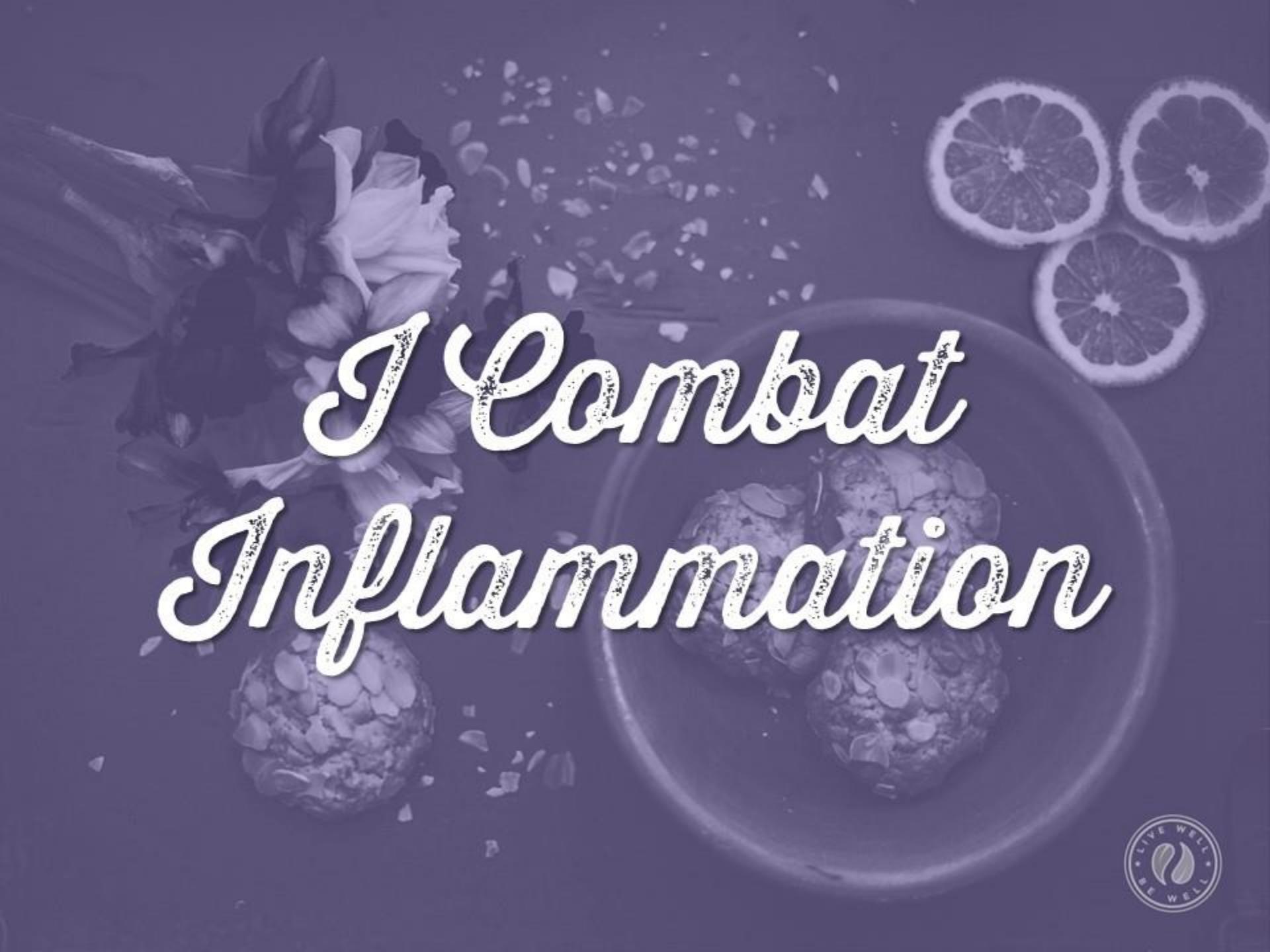




I seek  
Balance



# Combat Inflammation

The background of the image is a dark purple color. It features a shallow bowl filled with granola and blueberries. To the right of the bowl, there are three slices of lemon. In the upper left corner, there is a cluster of flowers, possibly lavender or chamomile, with some petals scattered around. The overall theme is health and wellness.



I choose  
wisely

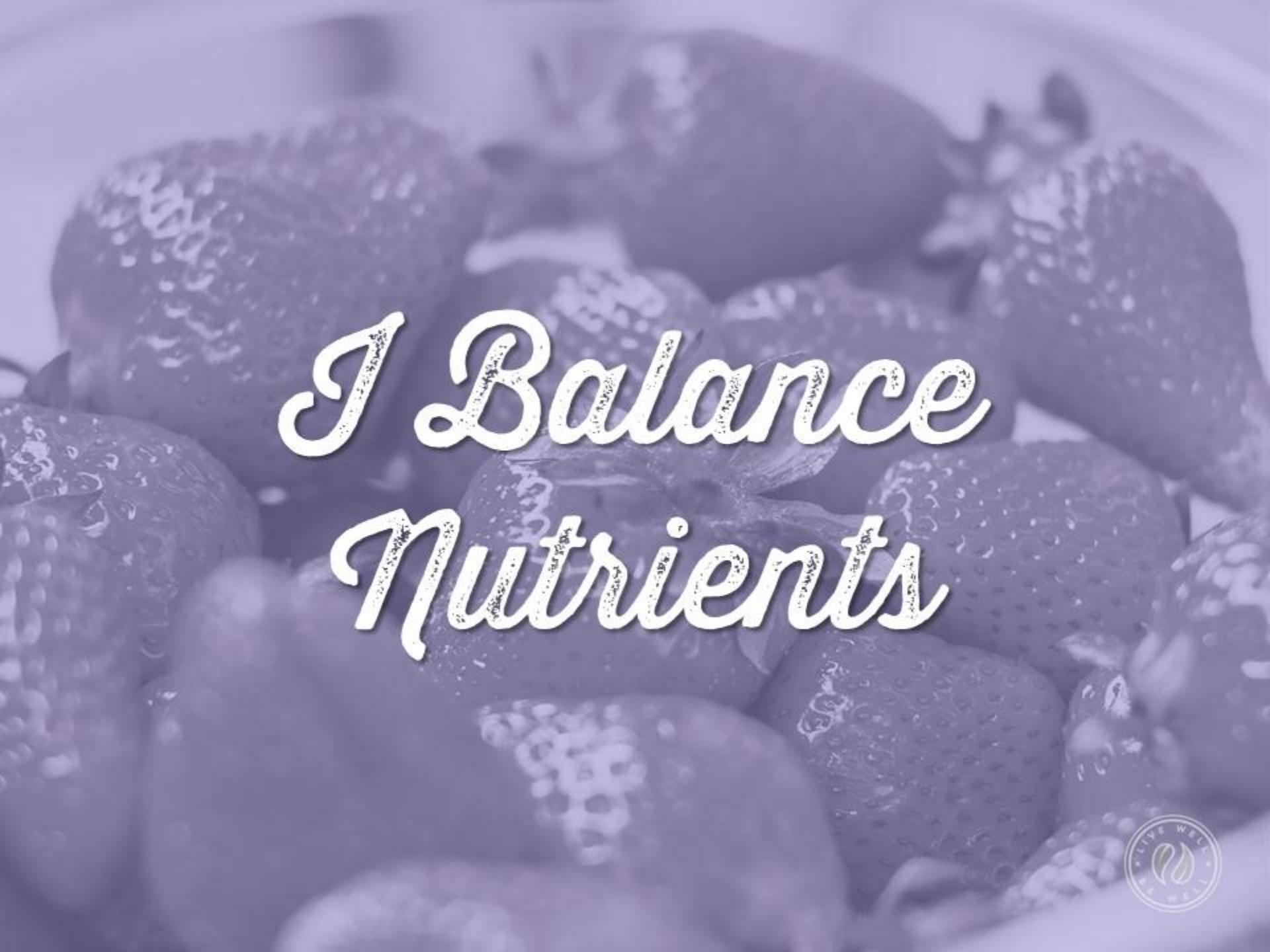


I Eat  
for Energy



I Stay  
Fueled





*I Balance  
Nutrients*

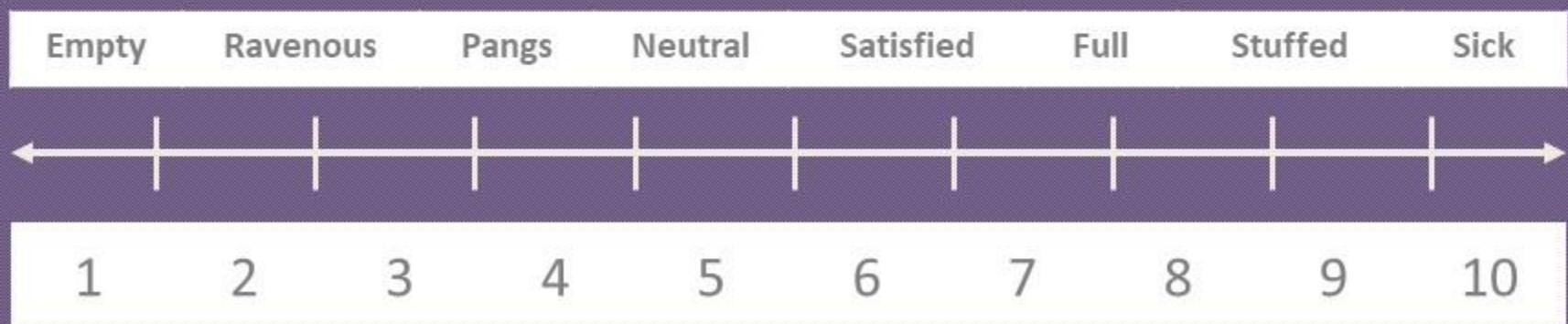




I Avoid  
Hunger



# I Eat Intentionally



I move



A black and white photograph of a woman with dark hair tied back, wearing a dark t-shirt and shorts, running across a grassy field towards the left. She is captured in mid-stride, with one leg forward and her arms pumping. The background features rolling hills or mountains under a clear sky.

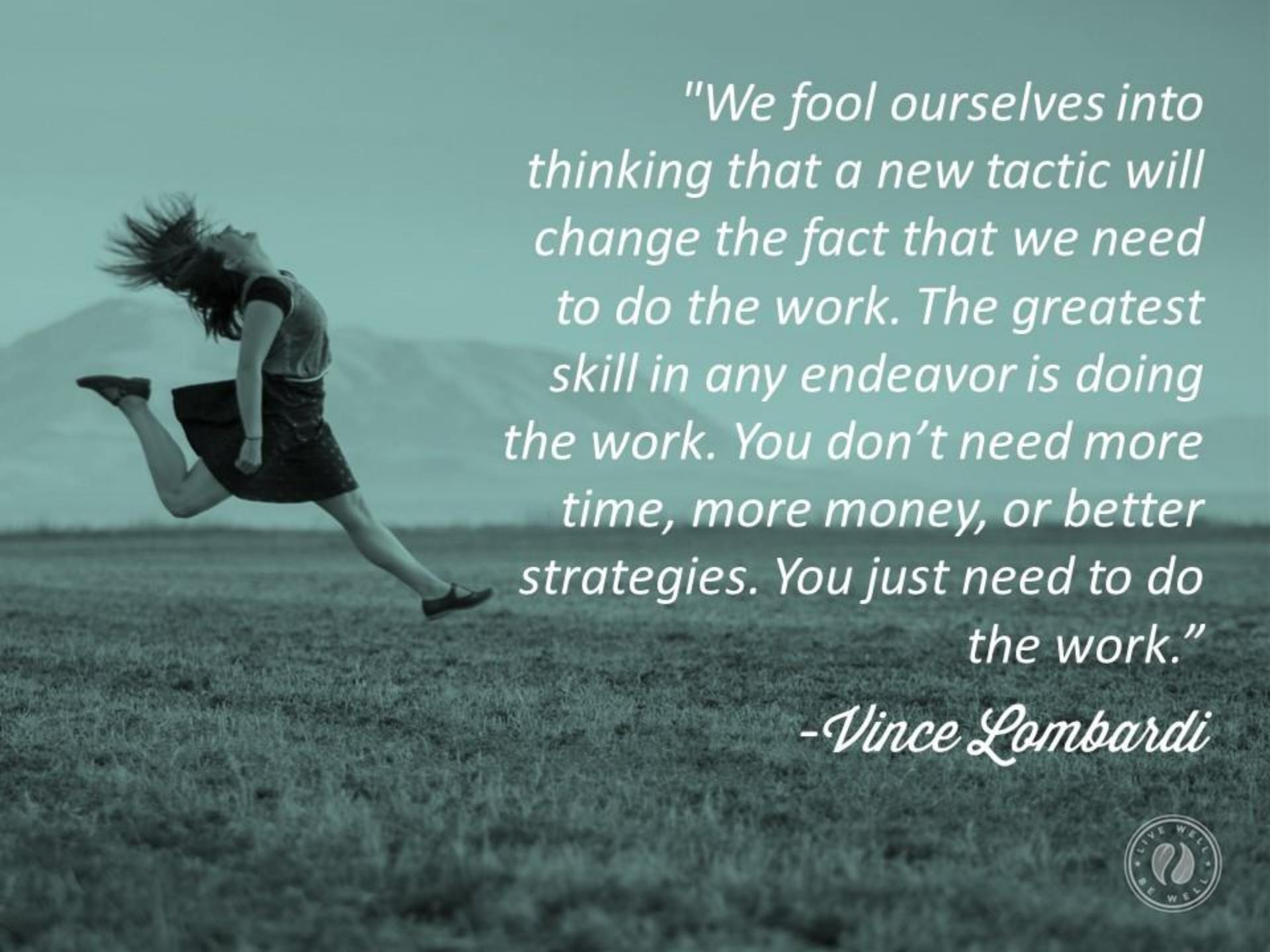
*I Am  
Active*



A photograph showing silhouettes of several people jogging on a beach at sunset. The sky is a gradient from light blue to orange. The people are in various stages of their stride, some wearing hats and athletic gear. In the foreground, the ocean waves are visible.

I Plan  
Fitness



A black and white photograph of a woman in a dark dress and flats running across a grassy field towards a range of mountains under a clear sky.

*"We fool ourselves into thinking that a new tactic will change the fact that we need to do the work. The greatest skill in any endeavor is doing the work. You don't need more time, more money, or better strategies. You just need to do the work."*

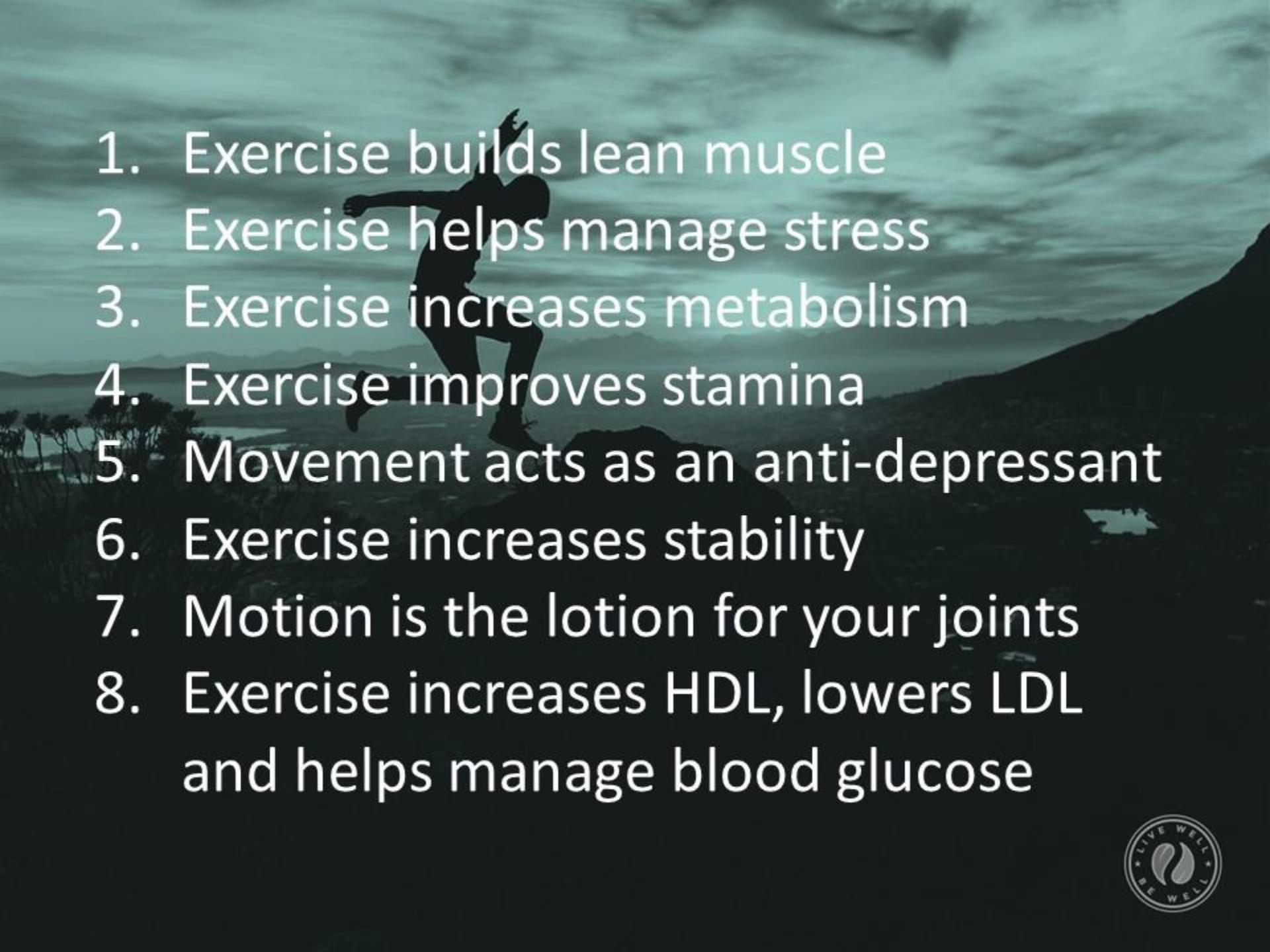
*-Vince Lombardi*





# 8 Reasons I Will Be Active



- 
- A silhouette of a person running on a beach at sunset or sunrise. The runner is positioned in the center-left of the frame, facing right. The background features a dramatic sky with orange and blue hues over a dark landscape.
1. Exercise builds lean muscle
  2. Exercise helps manage stress
  3. Exercise increases metabolism
  4. Exercise improves stamina
  5. Movement acts as an anti-depressant
  6. Exercise increases stability
  7. Motion is the lotion for your joints
  8. Exercise increases HDL, lowers LDL and helps manage blood glucose





I Will Find  
my Fitness  
Passion







*sleep*



# Hunger Hormones

Ghrelin  
“GO” EAT

- Produced in the stomach, signals hunger

Leptin  
“STOP”  
EATING

- Released by fat cells, signals the brain to feel full



# *Regulation of Appetite*

Insufficient Sleep



**MORE  
HUNGRY,  
LESS  
SATISFIED=  
EAT MORE!**



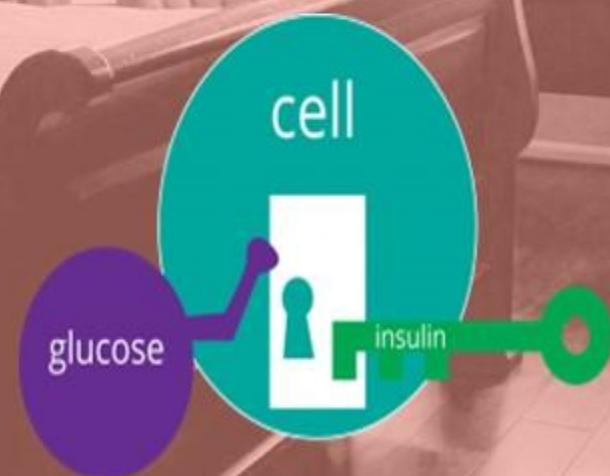
# Sleep & Insulin

Food is broken down into glucose → pancreas releases a hormone called insulin → insulin moves glucose from the blood into cells where it is used for energy in your body.

Cell= front door

Insulin= door key

Glucose= house guest



# *Insufficient Sleep & Insulin Resistance*



Sleep deprivation can increase insulin resistance by up to **33%**!

Diabetes

INSULIN  
RESISTANCE

Stroke

PCOS

A photograph of a bedroom interior. In the center is a dark wood bed with a white duvet. To the left, a window with wooden frames and a lamp on a stand are visible. To the right, a chair sits near a small table with a framed picture. The room has warm lighting and a cozy atmosphere.

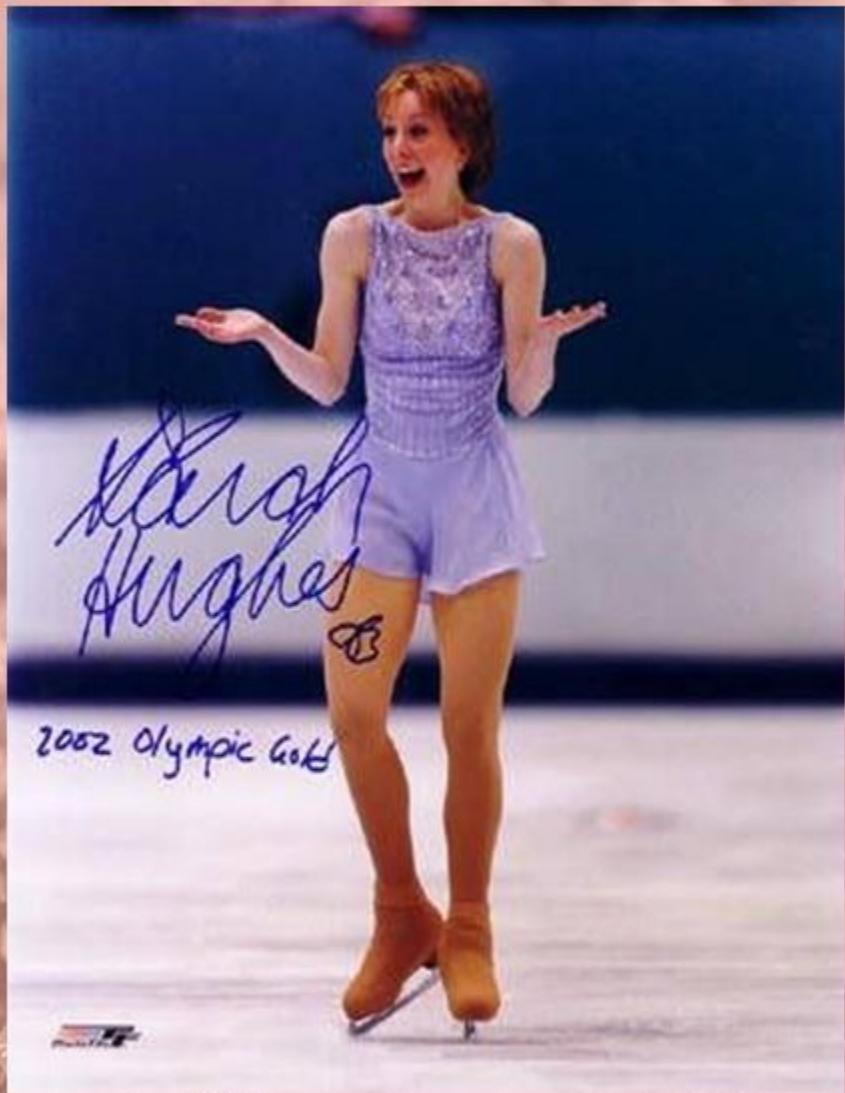
# *5 Tips for a Better Night's Sleep*

1. Be mindful of food and drink choices.
2. Establish a bedtime ritual.
3. Create a positive sleep environment.
4. Be active!
5. Designate a 'worry' chair.



*I Bring Out  
The Best  
In myself*





*Sleep has  
the power to  
transform  
you from  
average to  
excellent!*





I manage  
stress



A  
T  
T  
I  
T  
U  
D  
E

1  
20  
20  
9  
20  
21  
4  

---

5  
100

*Attitude is  
100% of  
everything  
you will  
ever do!*



# *Tools to Manage Your Stress*

1. Avoid Negativity
2. Evaluate Your Relationships
3. Identify Stressors
4. Organize Your Priorities
5. Unschedule



*I Am  
unstoppable*



A black and white photograph of a woman with curly hair, seen from behind, running away from the viewer on a wooden boardwalk. She is wearing a light-colored tank top and dark leggings. The boardwalk has railings on both sides and leads towards a bright horizon. The background shows some low-lying vegetation and a clear sky.

I Finish  
Strong





A photograph of a person standing on a rocky beach, facing a massive waterfall cascading down a dark cliff. The person has their arms outstretched, looking up at the waterfall. The scene is misty and dramatic.

Be Well

