

8 HEALTHY HABITS



Acquire a healthy lifestyle by adopting a new habit every week



Welcome

I congratulate you for caring about your health and accepting this challenge to incorporate new and healthy habits that will improve your quality of life!

This is a program of I Want to Live Healthy! Whose main objective is to help you acquire and maintain habits that will lead you to develop a healthy lifestyle. These habits that we propose you to practise have an effect on the integral health (physical, mental, spiritual and social). In this eight-week adventure you will do activities that will help you to acquire a new habit every week. At the beginning of a new week you should maintain the habits of the previous weeks and develop a healthy lifestyle.

Share these habits with friends and family and invite them to practice them together!

THESE ARE THE 8 HEALTHY HABITS:



DRINK NATURAL
WATER



POSITIVE
ATTITUDE



EATING
WELL



PHYSICAL
ACTIVITY



ADEQUATE
REST



SELF CONTROL



MORE AT BREAKFAST
AND LESS AT SUPPER



HAPPINESS IS
TRUSTING IN GOD

MY COMMITMENT

I promise to carry out the activities of each week, while continuing to practice those of the previous week. And so develop a healthy lifestyle; because
I want to live healthy!

NAME _____

AGE: _____

GENDER _____

MEASURE YOURSELF:

WEIGHT: _____

HEIGHT: _____

BMI: _____

**NORMAL RANGE
BETWEEN: 18.5-24.99**

WAIST: _____

**NORMAL RANGE
BETWEEN: 18.5-24.99
WOMAN < 80**

FASTING
GLUCOSE: _____

**NORMAL RANGE
BETWEEN: 65-70 Y 100 MG/DL**

BLOOD
PRESSURE: _____

**OPTIMAL RANGE
<120/ <80 mmHg**



DRINK NATURAL WATER

HABIT 1

What is the habit of drinking natural water? It is the adequate consumption of water according to the minimum requirement of each individual that depends on the diet, environment and activity level of the person. According to the Institute of Medicine of the National Academies most adults require a minimum of 2.1 liters, an average of 3.4 liters and a maximum of 5.0 liters of water per day.

Drinking Natural Water is vital for the overall functioning of your body as it helps prevent and reduce diseases (obesity, heart attacks, diabetes), and improve your ability to think. Your body and mind need natural water to stay well hydrated.

What do I need to achieve this?

A 1 liter bottle for drinking natural water constantly.

How do you do it?

Follow the activities in the table below and mark each day the actions you take.

DAY	ACTIVITY	X
SUNDAY	Do not wait until you are thirsty to drink water	
MONDAY	Drink water while I do exercise.	
TUESDAY	Drink two glasses of water 30 minutes before each meal.	
WEDNESDAY	Drink two glasses of water before breakfast.	
THURSDAY	Drink a glass of water one hour before bedtime.	
FRIDAY	Drink water while at school or at work	
SATURDAY	Do not replace water for other drinks.	
Every Day	Drink 8 glasses of water during the day	

*** Mark with an X the goals I've achieved**



A POSITIVE ATTITUDE

HABIT 2

What is the habit of a Positive Attitude?

It is the choice to learn to think about the good and pleasant in a constructive, objective and healthy way and to express it in interpersonal relationships.

To stay healthy, it is crucial that you have a positive attitude towards all life's situations. This habit helps you develop better overall health.

What do I need to achieve this?

Cultivate positive thinking and overcome pessimism.

How do you do it?

Follow the activities in the table on the next page and mark each day's actions.

DAY	ACTIVITY	X
SUNDAY	Share thoughts and positive emotions with my loved ones.	
MONDAY	Look at the positive side of the situations faced daily.	
TUESDAY	Be thankful to God and to those who we relate to.	
WEDNESDAY	Surround myself with positive people.	
THURSDAY	Count to 10 and take deep breaths when I am disturbed.	
FRIDAY	Use positive and appropriate words when I communicate with others.	
SATURDAY	Recognize the qualities of other people and express it.	
Every Day	Ask God for strength and wisdom to face difficult circumstances and learn from them.	

*** Mark with an X the goals I've achieved**



EATING WELL

HABIT 3

What is the Good Eating habit?

It is to eat in a balanced way, integrating and combining the different food groups, by means of the correct portions and calories, so that the person has optimal functioning during the day.

In this habit you must learn to eat using and combining the four groups of the I Want to Live Healthy dish! Eating healthy foods helps you prevent and fight many diseases. It also helps you think better and have the energy you need for your day. Remember, you are what you eat.

What do I need to achieve this?

Check the chart on the I Want to Live Healthy plate! found on the next page.

How do you do it?

Follow the activities in the tables on the following pages and mark the actions you take each day.

MY PLATE I WANT TO LIVE HEALTHY!



30 MINUTES OF
PHYSICAL EXERCISE



8-12 GLASSES
OF
PURE WATER



DAY	ACTIVITY	X
SUNDAY	<p>As you stock your pantry, always have these items:</p> <ul style="list-style-type: none">• Lots of fruits and vegetables• A variety of cereals (Whole grain rice, barley, oats, wheat, corn among others) and some root crops such as potatoes, yucca- sufficient protein from vegetable sources (beans, chick peas, soy beans, lentils, among others)• Healthy fats (Avocado, seeds, nuts, almonds, olive oil and coconut oil)	X
MONDAY	<p>Consume a lot of fruits and vegetables</p> <ul style="list-style-type: none">• Remember to include a red fruit, a citric and a yellow one.• Greens and vegetables should occupy the major portion of the plate	
TUESDAY	<ul style="list-style-type: none">• Start off with a large plate of salad with fresh vegetable and (include at least three colors)• Consume sufficient protein from vegetable• Sources such as beans, chick peas and lentils instead of protein from animal origin (beef, chicken, cheeses)	
WEDNESDAY	<ul style="list-style-type: none">• Avoid fried foods. Avoid butter, margarine oils, creams, dressing with mayonnaise and substitute these foods with healthy fats such as avocado, seeds, nuts, almonds, olive oil and coconut oil.	





DAY	ACTIVITY	X
THURSDAY	Avoid refined cereals, white pasta, white rice, white bread) substitute them for whole cereals (wholewheat bread, pasta, rice, etc.)	
FRIDAY	Avoid refined cereals (white pasta, white rice, white bread) substitute them with whole cereals (whole wheat bread, pasta, rice, etc.)	
SATURDAY	Prepare my favorite recipe with healthier ingredients based on the “eating well” plate	
Every Day	Review the “I want to live healthy” plate before I prepare my food.	

*** Mark with an X the goals I've achieved**





PHYSICAL ACTIVITY

HABIT 4

What is the habit of doing physical activity?

It is any body movement produced by skeletal muscles that requires an expenditure of energy (WHO).

Physical activity offers you many benefits, helps you feel good with a better mood, strengthens your muscles and bones, decreases stress, improves your memory and concentration, among other things. It also helps you fight and reverse diseases such as diabetes and obesity and have a better quality of life.

What do I need to achieve this?

A pair of shoes (preferably tennis shoes) and comfortable clothes. Identify a nearby area where you can do physical activity, preferably outdoors and where you can get some sunlight.

DAY	ACTIVITY	X
SUNDAY	Perform some type of physical labor. (Work in the garden or mow the lawn)	
MONDAY	Do at least 30 min of aerobic exercise per day (walking briskly, jogging, playing tennis, basketball, football, aerobics, or other sports)	
TUESDAY	Do activities that strengthen the large muscle groups (10 push-ups, 10 sit ups, weightlifting).	
WEDNESDAY	Avoid sitting for more than two hours continuously.	
THURSDAY	Incorporate in my routine new ways of doing physical activity (leaving the car farther away in the parking lot, using a bicycle, using the stairs).	
FRIDAY	Do arms and legs stretching several times of the day.	
SATURDAY	Walk in open air and in sunlight with family or friends.	
Every Day	Perform some form of physical activity.	

*** Mark with an X the goals I've achieved**



ADEQUATE REST

HABIT 5

What is the habit of Adequate Rest?

It is the momentary state of rest, tranquility, or inactivity, which is performed in the midst of work or other activity to replenish physical, mental and spiritual forces.

Part of a proper rest is to have a restful sleep that allows you to renew your body and mind. In addition to sleep, Proper Rest includes taking breaks from your daily activities, which help you think more accurately and clearly. Therefore, you will perform better.

What do I need to achieve this?

Plan my time during the day.

How do you do it?

Follow the activities in the table below and mark each day the actions you take.

DAY	ACTIVITY	X
SUNDAY	Go to bed before 10:00 p.m. and sleep for seven continuous hours.	
MONDAY	Create a routine of no more than 30 minutes prior to going to bed (I can brush my teeth, have a quick shower, pray and be ready to sleep).	
TUESDAY	Do not have anything in the room that can interfere with sleep (television, video games, radio, cell phone among others).	
WEDNESDAY	Make some pauses during the day and do relaxation exercises for your muscles from head to toes: close your eyes, tense and relax the muscle and end up with a deep breath.	
THURSDAY	Take a five-minute break during daily activities.	
FRIDAY	Take five deep breaths (inhale through the nostrils, hold your breath while counting to five and exhale through the mouth).	
SATURDAY	Take this day to rest and share with family.	
Every Day	Develop the habit of Adequate Rest.	

*** Mark with an X the goals I've achieved**



SELF CONTROL

HABIT 6

What is the habit of self-control?

It is exercising self-discipline and willpower to avoid the harmful and make correct use of the beneficial.

You must learn to exercise control over your day-to-day decisions and actions, as these will form your habits. Practise the habit of self-control in the food you eat, the management of your resources (time and money), the care of the environment and to avoid any kind of addiction.

What do I need to achieve this?

Self-control and willpower.

How do you do it?

Follow the activities in the table below and mark each day the actions you take.

DAY	ACTIVITY	X
SUNDAY	Avoid consuming foods or drinks that are of poor nutritious value (fried foods, sugar drinks, saturated fats, refined flour, processed meats, foods high in sugar and sodium content).	
MONDAY	Distribute evenly my time for daily activities that will promote a balanced lifestyle.	
TUESDAY	Prepare a monthly budget according to my income.	
WEDNESDAY	Avoid consuming sugary foods or drinks between meals.	
THURSDAY	Take care of the environment by disposing of trash and other disposables in the appropriate container.	
FRIDAY	Avoid all types of addictions (Alcoholic beverages, tobacco, drugs, pornography, video games, internet, electronic apparatus or any other).	
SATURDAY	Strengthen my self-control by practicing the habits that I have learned.	
Every Day	Use moderately the rations of food and drink that I consume daily.	

*** Mark with an X the goals I've achieved**



MORE AT BREAKFAST AND LESS AT SUPPER

HABIT 7

What is the habit of Eating More and Dining Less?

It is to give to the nutritious breakfast the priority and importance that it deserves, to achieve a better development and integral performance of the organism and to reduce the nutritional intake of the dinner.

Breakfast is extremely important for your body to function properly the rest of the day. If you don't eat breakfast your body reacts by lowering its metabolism, this makes you gain weight. Remember that your dinner should be light to avoid excess weight and will also help you get a good night's rest.

What do I need to achieve this?

Practise Good Eating, exercise the habit of self-control and spend time on my breakfast.

How do you do it?

Follow the activities on the table and mark each day the actions you take.

DAY	ACTIVITY	X
SUNDAY	Plan a menu for breakfast and suppers for the week based on the habit of "Eating Well".	
MONDAY	Start the day having more at breakfast and less at supper.	
TUESDAY	Have breakfast no more than one hour after waking up.	
WEDNESDAY	Take at least 30 minutes every day to have breakfast.	
THURSDAY	Have a light supper at least three hours before going to bed.	
FRIDAY	Reduce your intake at Suppertime.	
SATURDAY	Share breakfast time with family members.	
Every Day	Review if my breakfast follows the guidelines of "I want to live healthy".	

*** Mark with an X the goals I've achieved**



HAPPINESS IS TRUSTING IN GOD

HABIT 8

What is the habit of being happy?

It is a state of harmony with God the Creator that provides joy, peace, fulfillment and is obtained through full trust and hope in Him, in the service of others.

Being happy is a decision that you must include in your habits and depends mostly on an inner attitude, on your relationship with God and with other people. Joy increases your body's defences. Acts of kindness and service release natural substances into the body that reduce stress, depression, anxiety and improve your mood! Make up your mind to be happy!

What do I need to achieve this?

The word of God, trust and hope in a quality life.

How do you do it?

Follow the activities in the table below and mark each day the actions you take.

DAY	ACTIVITY	X
SUNDAY	Help a needy person or family in your community.	
MONDAY	Enjoy memorable moments during the day.	
TUESDAY	Share a smile with all the people that I interact with during the day.	
WEDNESDAY	Face my problems with total confidence in God.	
THURSDAY	Maintain open and constant communication with God.	
FRIDAY	Show affection and give hugs to family and friends.	
SATURDAY	Join a group where I feel accepted and loved.	
Every Day	Meditate on the word of God for at least 15 minutes a day and share with others.	

*** Mark with an X the goals I've achieved**

WELL DONE

You have successfully completed the eight weeks of this program that helps you create and maintain healthy habits; this is just the beginning of the road that will lead you to a healthy lifestyle. The transformations in your life require a certain amount of time since your brain is constantly changing if you have the desire to do so. Changing practices that harm your health to healthy habits is an option that is within everyone's reach, and congratulations on having made that decision.

It is now known that it takes approximately 66 days to turn a new goal or activity into something automatic (a habit). We encourage you to continue to practice these habits every day. If you want more information about the 8 Healthy Habits I invite you to visit the website www.quierovivirsano.org, there you will find more strategies that will help you consolidate your habits.



Seventh-day
Adventist[®] Church

