

# The Wellness Toolkit — Practicing the Power of Lifestyle

**Introduction:** This toolkit is designed to help you begin applying practical guidelines for healthy living. It's divided into four sections to match four major lifestyle principles. Focusing on a single goal in each section makes putting these lifestyle changes into practice as easy as possible. Charting the first four weeks of lifestyle change in this way helps you get started, and will empower you to continue on your own. Let's begin!

*Note: If you have read my book, Be Healthy, you can simply print the "Action" sheets for each lifestyle sector to begin putting the power of lifestyle into practice. If you have not yet read my book, read these brief summary notes to see what this Wellness Toolkit is about. You're welcome to print the "Action" sheets to begin putting these healthy lifestyle principles into daily practice. If you'd like to read my book to gain a deeper understanding of the value of these principles, it's available here at [ThePowerofLifestyle.com](http://ThePowerofLifestyle.com). Welcome!*

## A. Nutrition

The key objective in this section is to enjoy six servings of vegetables and fruits daily. It's also important to minimize foods that undermine health, but here we want to focus on the foods that boost

health. This is such a crucial aspect of nutrition that it's the best way to begin applying the power of good nutrition in your life. Success in meeting this objective will improve your health more quickly and effectively than you think possible. The daily nudge provided by filling in the healthy eating calendar will help guide you to improved vitality.

Six servings of fruit and veggies may sound like a lot if you usually eat only one or two servings daily, but it's not a difficult goal to achieve. A small glass of orange juice and a banana with your cereal provides two servings at breakfast. A salad and an apple for lunch gives you two more servings. Green beans and a side salad with your entrée give you two more servings at supper. See how easy it is for anyone to reach six servings a day? You can substitute any fruit or veggie that you prefer for any of the above choices. Any extra fruits or veggies will give an added boost to your health.

## **Four-week Nutrition Action Calendar:**

Record the number of fruit and veggie servings you eat each day by writing them down here. Any servings you have above six for the day have added value. Every day in this action calendar has six blank lines. Jot down each fruit or veggie serving you eat. If you prefer, simply write down the total fruit or veggie servings you have for the day.

# Table 1: Daily Fruit and Veggie Servings

Day 1		Day 2	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
Total fruit and veggie servings for the day:		Total fruit and veggie servings for the day:	

Day 3		Day 4	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
Total fruit and veggie servings for the day:		Total fruit and veggie servings for the day:	

Day 5		Day 6	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
Total fruit and veggie servings for the day:		Total fruit and veggie servings for the day:	

Day 7		Day 8	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
Total fruit and veggie servings for the day:		Total fruit and veggie servings for the day:	

Day 9	Day 10
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 11	Day 12
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 13	Day 14
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 15	Day 16
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 17	Day 18
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 19	Day 20
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 21	Day 22
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 23	Day 24
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 25	Day 26
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

Day 27	Day 28
1	1
2	2
3	3
4	4
5	5
6	6
Total fruit and veggie servings for the day:	Total fruit and veggie servings for the day:

## **Congratulations!**

In completing this exercise, you gained multiple benefits. Eating six servings of fruits and vegetables a day boosted your health, and you learned this was not difficult. In focusing on this task each day, you became more conscious of your food choices. You thought about good food choices, and you probably thought about foods you could avoid or minimize. This consciousness is a big help to you in improving your nutritional fitness.

In following this assignment, you took care for yourself in a way that goes beyond eating more nutritiously. You informed your subconscious mind that you and your health are very important, and you backed this up with concrete action. I cannot over-emphasize what a major achievement this is for you. This is a solid accomplishment, and you deserve every compliment you receive. Keep up the good work that you have begun!

## **B. Physical Activity**

The key objective in this section is for you to enjoy a thirty-minute walk six days a week for four weeks. It helps to have a simple pedometer to count your steps. Filling in your time and steps on your activity calendar every day will help you put your good intentions into action and give a great boost to a healthier you.

Walking is the basic exercise to focus on because it is something that almost everyone can do and it brings many benefits to the exerciser. (If you're already at a good fitness level and you prefer biking or some other form of aerobic exercise, you may substitute that form of exercise for walking. Be sure to do it for at least thirty minutes daily and log it in on the form below.)

If you divide your dedicated exercise time to fifteen-minute walks twice a day, that is acceptable. This calendar allows you to report it that way. Otherwise, simply fill in your total walking time and your total steps for the day. Let's get started!

## Four-Week Physical Activity Calendar

Week 1 - Day 1	Week 1 - Day 2
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Week 1 - Day 3	Week 1 - Day 4
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Week 1 - Day 5	Week 1 - Day 6
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Day 7: This is an elective rest day. You can enjoy a casual walk if you wish, but it's not part of your activity schedule and it's not required. Use this time in any way that you wish.

Week 2 - Day 8	Week 2 - Day 9
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Week 2 - Day 10	Week 2 - Day 11
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Week 2 - Day 12	Week 2 - Day 13
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Day 14: This is an elective rest day. You can enjoy a casual walk if you wish, but it's not part of your activity schedule and it's not required. Use this time in any way that you wish.

Week 3 - Day 15	Week 3 - Day 16
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Week 3 - Day 17	Week 3 - Day 18
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Week 3 - Day 19	Week 3 - Day 20
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Day 21: This is an elective rest day. You can enjoy a casual walk if you wish, but it's not part of your activity schedule and it's not required. Use this time in any way that you wish.

Week 4 - Day 22	Week 4 - Day 23
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:
Week 4 - Day 24	Week 4 - Day 25
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:
Week 4 - Day 26	Week 4 - Day 27
AM walking time:	AM walking time:
PM walking time:	PM walking time:
Total walking minutes:	Total walking minutes:
Total steps for the day:	Total steps for the day:

Day 28: This is an elective rest day. You can enjoy a casual walk if you wish, but it's not part of your activity schedule and it's not required. Use this time in any way that you wish.

## **Congratulations!**

Your success with this activity schedule is a good accomplishment! You gained major benefits by following this schedule for four weeks. You proved that you can dedicate thirty minutes to daily physical activity for four weeks. You established a good foundation for the future. You also toned your body up significantly in this four-week period.

In following this exercise schedule, you cared for yourself in a way that goes beyond the physical benefits you already feel. You let your subconscious mind know that your health is very important to you, and you backed this up with concrete action. This is a major

achievement. As you gain both exercise and nutritional benefits, you get better results than you could with either of these initiatives alone. Keep up the good work!

## C. Hygiene

Your key objective for this section is to spend ten minutes daily taking good care of your teeth. This may surprise you. Why dental hygiene? It's more important to overall health than most people realize. Practically speaking, it will save you a great deal of long-term grief. Yet, it's often neglected or done superficially. Tooth decay is the most common chronic disease in children, affecting one out of five children. Adults fare no better. Nearly a fourth of adults between the ages of 20-64 have untreated cavities, while about a fourth of those over the age of 64 have lost all of their teeth due to lack of care.

About half of younger adults have inflamed gums (gingivitis). Tooth decay and gingivitis are caused by dental plaque that develops within 30 minutes after eating. Plaque is a combination of bacteria, food debris, and saliva that coats the teeth. If left uncleaned, it begins eroding tooth enamel, which is the start of dental caries. Frequent snacking, sugary drinks and failure to brush teeth all contribute to this destructive process. According to the American Dental Association, only 57 percent of women and 49 percent of men brush their teeth at least twice a day. Half of all adults don't floss their teeth daily, and about a fifth of them never floss. Clearly, there is a need for better dental hygiene in America.

What is involved in good dental hygiene? It means cleaning and brushing teeth at least twice a day, or after every meal if possible. A good cleaning routine includes using soft gum picks or "go-betweens" to clean out food debris that collects between teeth, especially at the

gum line. This is like street debris that collects between cars parked along the street for days or weeks. Superficial brushing cannot get at the debris between the teeth, so it's not adequate by itself.

A good dental routine takes a few minutes after each meal. If one does this three times a day, the total time spent on dental hygiene is about ten minutes daily. This time investment prevents much pain and cost down the road. To do the following exercise, simply keep track of the number of times you brush and floss your teeth every day. Aim to brush your teeth at least twice a day and floss them daily. Keep this simple record for your own benefit. It's not a report card for anyone else. At the end of four weeks, this will let you know how well you're doing with your dental self-care.

## Four-Week Dental Hygiene Calendar

Day #1: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 2: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 3: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 4: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 5: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 6: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 7: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 8: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 9: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 10: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 11: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 12: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 13: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 14: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 15: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 16: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 17: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 18: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 19: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 20: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 21: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 22: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 23: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 24: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 25: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 26: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 27: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

Day # 28: I brushed my teeth \_\_\_\_\_ today. I flossed my teeth \_\_\_\_\_ today.

## **Congratulations!**

Completing this exercise is a good achievement! You've demonstrated a commitment to making this daily investment in your health. By caring for your teeth, gums, and supporting structures, you increase the probability of keeping good dental health for the rest of your life. Savings in terms of dental expense, peace of mind, and enjoyment of health are immeasurable. Keep up the good work!

## D. Relationships

Caring relationships are more important to health than many people realize. This includes caring for yourself as well as those around you. The key goal here is to focus on dedicating ten minutes to quiet time each day. Taking time to connect with your inner self has great value. As you focus within, you can find a peace within to renew your heart and mind. With practice, you can access this peaceful state of mind in any situation. The phrase, *Quiet Time*, describes this time accurately.

To engage in ten minutes of quiet time most effectively, choose a time when you can sit quietly at a fairly consistent time of day. This helps you make it a regular part of your life. It's okay to have your quiet time at a different time than usual when necessary. If you wish to devote more than ten minutes to your quiet time daily, that's fine.

When you enter your quiet time, it works best to sit quietly with your eyes closed, without any agenda on your mind. It can help to focus on a word like love or peace. At the end of your quiet time, as you begin to re-focus on the outer world, take an extra moment to think about any blessings that you experienced in the preceding twenty-four hours. This can be anything from contact with a friend or family member to enjoyment of a food, a beautiful object, or a special moment of experience. Writing down a few blessings every day will do wonders both for you and those around you.

After completing your quiet time, notice the time you finish and write it down on your activity sheet. Then briefly write down three blessings in the spaces provided. That's all there is to it. Let's begin!

# Four-Week Quiet Time Calendar

Day 1	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 2	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 3	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 4	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 5	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 6	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 7	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 8	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 9	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 10	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 11	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 12	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 13	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 14	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 15	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 16	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 17	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 18	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 19	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 20	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 21	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 22	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 23	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 24	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 25	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

Day 26	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		
Day 27	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		
Day 28	Date:	Time:
Blessing #1		
Blessing #2		
Blessing #3		

### **Congratulations!**

In establishing a daily quiet time, you nourish your inner self in a wonderful way. This is not the same as prayer, but a daily quiet time connects you with the universe in a remarkable way. This time of serenity allows you to hear the small still voice within. We often miss this in the "busyness" of our daily lives. As we try to cope with the chaotic world around us, this calm inner voice can give us our best guidance.

The practice of writing down three blessings daily helps you focus on things to be thankful for in your life. This emphasizes positivity, nourishes your inner self and enriches your connections with others. To conclude, a daily quiet time strengthens our relationships with

God, others, and ourselves. These caring kinds of relationships bring wonder and joy to life. They are a master key to healthy, joyful living.

## Next Steps

After completing this "Wellness Toolkit" you are well positioned to continue your health adventure. There are several ways you can do this.

1. If you're not already in a wellness-oriented group, you can form a small group of friends to continue your health quest together. The value of family and friends working on this kind of project together is great. Being accountable to a group provides strong motivation, and the reinforcement each person gives and receives in a group like this is powerful. Plan to meet weekly if possible. (See chapter fifteen in *Be Healthy* for more suggestions.)

2. Another good option is to get in touch with a professional Health Coach who is specifically trained to guide clients in ways to achieve their goals. The coach does not set the goals for you. You set your own goals. The Health Coach simply helps you find good ways to reach your goals. The Health Coach is a valuable guide.

3. You can continue your health journey on your own if you wish. If you go this route, support yourself with as many tools as you can and use them frequently. Become a member of your local YMCA or other similar organization if possible. Take advantage of their health-oriented programs. Enrolling in supportive programs like this has great value.

Finally, you can advance to a long-term lifestyle maintenance system if you like. The "Wise Action/Vibrant Energy" program (WAVE program) gives you a way of keeping track of your own

lifestyle progress. "Catching the WAVE" gives you a useful way to monitor each of the major sectors that make up your lifestyle. Following is the Wise Action/Vibrant Energy self-monitoring approach to better health.

## Wise Action/Vibrant Energy (WAVE) Program

**I. Nutrition Goals**—Eat whole, plant-based foods abundantly. Minimize highly processed foods. In this sector, keep mental track of the servings of fruits and veggies you eat daily. Rate yourself as follows:

- *Eat four to five servings daily*—Fair
- *Eat six to Eight servings daily*—Good
- *Eat nine or more servings daily*—Excellent

In addition to focusing on these vital health-enhancing foods, minimize foods that undermine your health. Following are the main ones to be minimized:

- Restrict all meats to two servings/week or less
- Restrict all dairy and dairy products to two servings/week or less
- Restrict all processed sweet confections to two servings/week or less
- Restrict salty processed foods to two servings/week or less
- Restrict all alcoholic beverages to a total of two servings/week or less
- Avoid all soft drinks totally

By observing these guidelines, you boost your immune system

and contribute greatly to your own vibrant health.

**II. Physical Activity Goals**—Engage in regular physical activity. Minimize sedentary behavior. In this sector, keep track of the number of steps you take daily. Use a pedometer to count your steps, whether you walk, jog, dance or run. Many good pedometers are available at low cost. Rate yourself as follows:

- *Take four to six thousand steps daily*—Fair
- *Take six to eight thousand steps daily*—Good
- *Take eight thousand or more steps daily*—Excellent

Besides focusing on energy-boosting activity, minimize long hours of sedentary inactivity. If you must work at a desk for eight hours a day, take five or ten minute walking breaks every hour. This kind of activity schedule boosts your immune system, strengthens every system in your body, and contributes much to greater vigor and health.

**III. Hygienic Goals**—Maintain good personal and environmental hygiene. Avoid or minimize hygienic hazards. In this sector, focus on maintaining good dental hygiene as a key marker for this section. Rate yourself as follows:

- *Brush and floss teeth at least once every day*—Fair
- *Brush teeth twice and floss once daily*—Good
- *Brush teeth three times and floss once daily*—Excellent

In addition to good personal and oral hygiene, avoid use of all tobacco products. Minimize exposure to environmental toxins as much as possible, including air-borne, water-borne, soil-borne or food borne toxic agents. By maintaining good hygiene, you avoid a

multitude of hazards to health, and you nurture your own immune defenses.

**IV. Relationship Goals**—Nurture good relationships with oneself and others. Avoid damaging thoughts and actions. In this sector, focus on engaging in a period of dedicated Quiet Time daily. In this quiet time, think about experiences you are thankful for in the previous 24-hour period. Write these down in a gratitude journal or any piece of paper. (You can throw the paper away afterward. The value is in the mental review, not the paper record.) Rate yourself daily as follows:

- *Engage in five minutes of dedicated quiet time; write down one blessing for the day*—Fair
- *Engage in ten minutes of dedicated quiet time; write down three blessings for the day*—Good
- *Engage in fifteen minutes or more of dedicated quiet time; write down three blessings for the day*—Excellent

Dedicating a period of quiet time for yourself daily is more valuable than you may realize. This quiet time helps build a strong relationship with your inner self, while a daily gratitude review helps build good relationships with others. Engaging in these quiet time activities every day strengthens one's positive outlook. It is truly empowering.

To summarize, the WAVE program allows you to keep track of your own health progress. It tethers ethereal goals to specific actions for you to track. This gives you unique power. In reaching this stage, you have made great progress in discovering the power of lifestyle.

**Congratulations! Keep up the good work!**