

A top-down view of a rustic wooden table. In the top left, a white cup of coffee with a thick layer of foam sits on a bright yellow saucer. To the right, a bouquet of tulips in shades of yellow and orange-red with green leaves is partially visible. In the bottom left, there is a ball of light brown twine. In the bottom right, a length of twine is loosely coiled. Centered on the table is a white rectangular card with the text "5 things you need to stop" written in a red, cursive script.

*5 things you  
need to stop*



# Andrea Metcalf Health and Lifestyle Expert



- 30+ years in the Health and Fitness Industry
- Trusted National Media Personality: TV, print and radio
- Online Social Community 50+
- Content curator for more than 50 Million Unique Visitors



**YOU CAN'T  
DO A GOOD  
JOB  
IF YOUR JOB  
IS ALL YOU  
DO.**

you can't  
take care  
of others  
if you  
don't take  
care of  
yourself

# 5 Habits Making you Fat

skipping...



# 1. skipping..breakfast

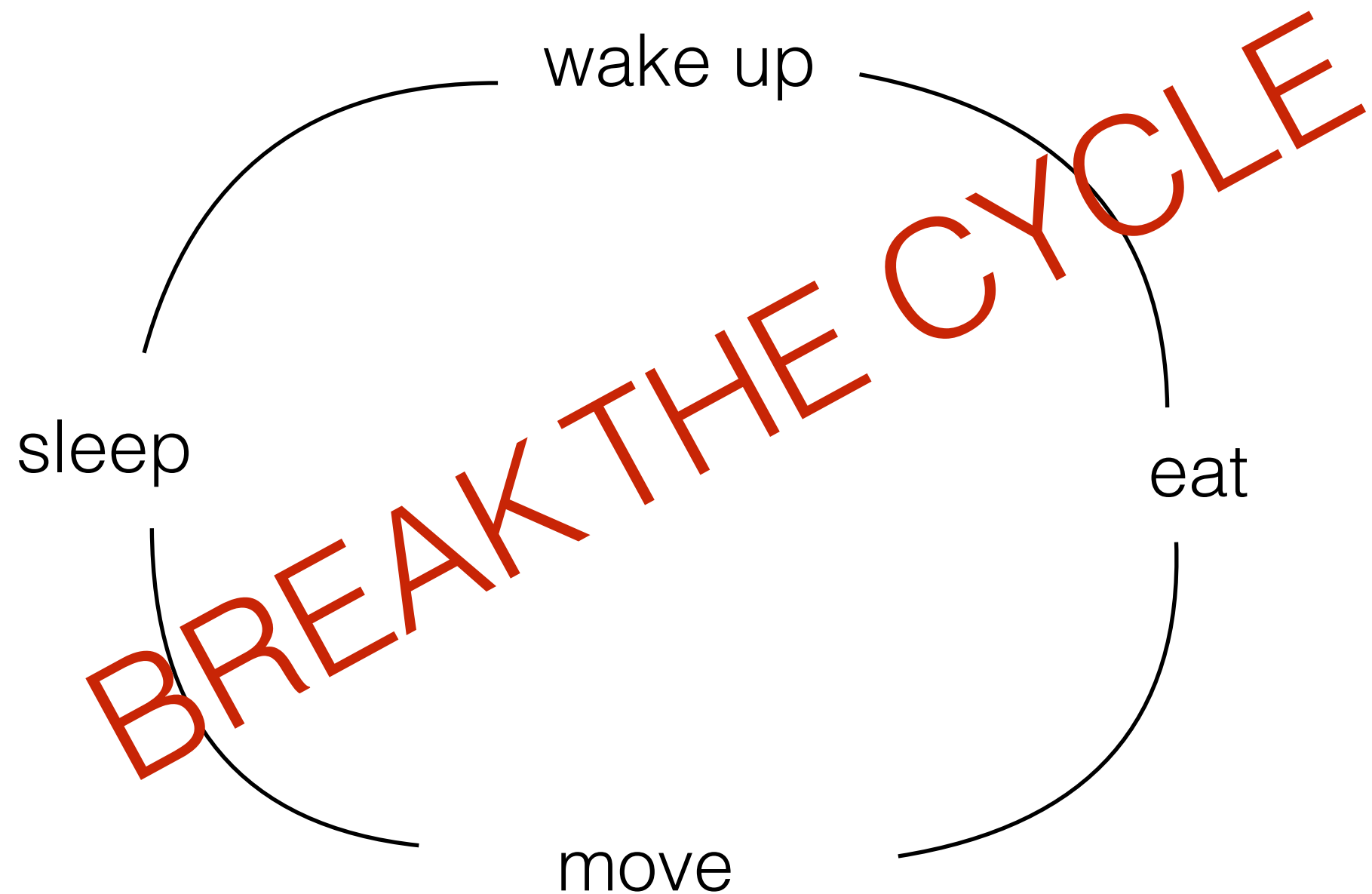


why does it matter?  
what should you be eating?

# NOURISH

50% of those working 12-hour days skip meals  
because of the stressful job demands

# eating rituals





## 2. skipping your workout

why does it matter?  
What should you be doing?







"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

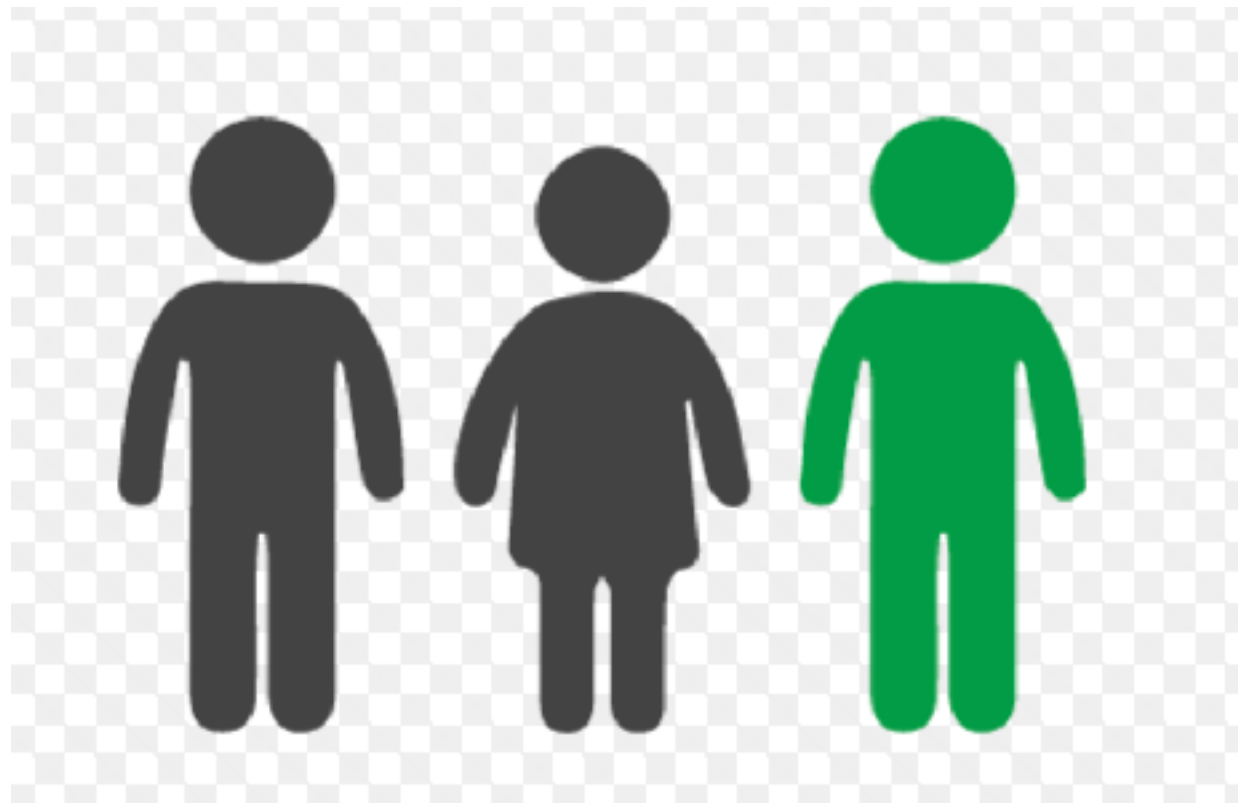
I'm too busy for fitness

# move



10 minute minimum  
dancing counts  
step it up





only 1 out of 3 get the  
recommended amount of  
physical activity

move



strength matters



10 OR 30



**10 MINUTE BEFORE OR AFTER**

# MOST IMPORTANT MOVES



BACKSIDE TRAINING:  
BUTT & HAMSTRINGS AND LATS



flexibility

STRETCHING IT?



move



try something new



# 3. Not eating your fruits & vegetables



the colors that count  
4-3-2-1

# fiber



why does it matter?  
what should you be eating?



# smoothies



does drinking really satisfy?

# focus



Fiber

vs

Strict Diet



# 4. Not drinking enough.



water is essential



How to drink more  
Water





Ice it.... Add fruit



Steep it...



Broth it.



# 5. Not getting enough rest.



sleep well?

# Schedule



# Melatonin it

# Supplements?



250-500mg Magnesium



# Rituals



Bath time

More ways to be  
healthy

# swap it out



chocolate candy bar has 270 calories



# better choice



one Snack size chocolate pudding has 139 calories per serving

# swap it out



American cheese has 96 calories per slice

# better choice



Avocado which has 50 calories per serving and adds good Omega fats which boost brain power



# swap it out



Mayo has 94 calories per tablespoon

# better choice



Hummus – Which can add creaminess and flavor  
for only 25 calories per tablespoon ; plus it has  
Fiber and protein too

# swap it out



Trail mix and mixed nuts can have up to 704 per cup



# better choice



Popcorn and nuts which adds fiber, volume and cuts calories too. 1 cup popcorn 100 calories mix in  $\frac{1}{4}$  cups of nuts at 219 calories

# more ideas



coffee / tea



where do they fit in?



# be merry



attitude is everything  
ditch negative thoughts  
picture perfect

someone  
who is  
busier  
than you is  
running  
right now







andrea  
metcalfe

LIVE BETTER