



5 STEPS TO WHOLE-BODY HEALTH



**WHOLE-BODY HEALTH MEANS TAKING CARE OF YOUR MIND
AND YOUR BODY. HERE ARE FIVE WAYS TO GET STARTED TODAY.**

1. NOURISH YOUR BODY WITH PLANT-BASED FOODS

Studies show the benefits that eating plant-based foods can have on health, including gut health,¹ diabetes prevention² and treatment,³ and heart disease prevention.⁴

If you're new to plant-based eating, start small! Consider adding a piece of fruit to your breakfast, a whole grain like quinoa at lunch, or [a plant-based protein](#) like chickpeas at supper.



**Not sure where to start?
Here are three delicious
recipes to get you going:**



**QUINOA BOWLS WITH
GOLDEN TURMERIC CAULIFLOWER**



FRESH BLACK BEAN SALAD WITH CORN

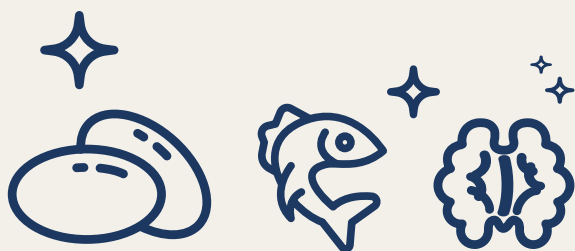


PASTA PRIMAVERA

2. INCREASE YOUR INTAKE OF OMEGA-3 FATS

Omega-3 fatty acids, which are found in fatty fish like salmon and tuna, play an important role in the body. A study has shown that they may help reduce inflammation and are used in the prevention and treatment of many diseases. Emerging evidence suggests that omega-3 fatty acids may also play a role in brain health.⁵

The omega-3 from plant foods is called fatty acid ALA (alpha-linolenic acid), which can be found in nuts and seeds (such as flaxseed, chia seeds, and walnuts) and plant oils (such as canola oil, flaxseed oil, and soybean oil). However, the body is not very good at converting ALA into the other omega-3s EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). For this reason, you may wish to supplement your intake with a plant-based omega-3 supplement. The omega-3 fats in these supplements include both EPA and DHA and are typically derived from algae. They're a good alternative if you're vegan or don't enjoy fish.



**+EPA +DHA
+ALA**



FISH DOESN'T HAVE TO BE BORING! HERE ARE THREE MOUTH-WATERING RECIPES TO GET YOU STARTED:



WASABI LIME SMOKED SALMON AND CUCUMBER ROLLS



VEGETABLE SPAGHETTI WITH LEMON COD



WARM VEGETABLE SALAD WITH TUNA

3. INCORPORATE GENTLE MOVEMENT INTO YOUR DAY

Physical activity is another important pillar of whole-body health. Physical activity has been associated with reduced risk of many different health conditions, including heart disease, type 2 diabetes, breast cancer, stroke, and depression.^{6, 11}

The best part? A study looking at the health benefits of exercise found that the greatest relative health benefits were seen with fairly small changes in exercise levels for people who were previously inactive.⁶ In other words, you don't have to hit the gym every day to see health benefits.

Not sure where to start?

[Here are some ways to incorporate movement into your day:](#)

- Have a dance party
- Do squats during commercial breaks
- Go for a walk around your neighbourhood
- Play Ultimate Frisbee
- Park further away at work or the grocery store
- Take the stairs instead of the elevator
- Do a yoga video (there are lots of great free videos on YouTube)



4. PRACTICE SELF-COMPASSION

Self-compassion means [giving yourself the same kindness and care](#) that you'd give to a good friend. Studies show that people with higher levels of self-compassion are more likely to engage in healthy behaviours.⁷

There are **three** important components of self-compassion:



SELF-KINDNESS:

Self-compassion means being kind toward yourself when you suffer, fail, or feel inadequate.



MINDFULNESS:

Mindfulness involves being willing to observe your thoughts and feelings with openness, and without trying to suppress or deny them.⁸



COMMON HUMANITY:

Common humanity means recognizing that suffering and feeling inadequate is part of the shared human experience. You're not in this alone.

SELF-COMPASSION ACTIVITY:

Sit in a quiet place and think about the following prompts:

1. Imagine a close friend is suffering or struggling. What would you say to make them feel better? What tone of voice would you use?
2. Now, think about times when you're suffering or struggling. How do you talk to yourself in these situations?
3. Did you notice a difference between the two scenarios? What do you think leads you to treat yourself differently from how you'd treat a friend?
4. Think about how things might change if you responded to your own struggles the way you'd respond to a friend.

5. DEVELOP A SLEEP ROUTINE

Sleep is one of the most often overlooked aspects of health. Studies show that adults need an average of 7-8 hours of sleep per night,⁹ and that irregular sleep or not getting enough sleep is associated with poor health outcomes.¹⁰

One of the best things you can do for your sleep is to maintain a consistent sleep schedule. Here are some tips for getting started:

01

Create a bedtime routine. This will help train your body into recognizing it's time for sleep.



Make sure you set a time for "lights off" and stick to it. Ensure this time is realistic for your routine.

02

Try to wake up at around the same time every day, even on weekends.

03



04

Avoid afternoon naps if they cause you to struggle to fall asleep at bedtime.

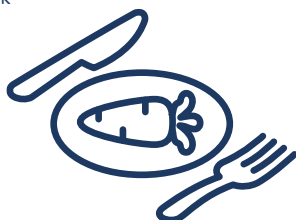
05

Establish an "electronic curfew." This is a time when all screens (TVs, phones, tablets, computers, etc.) are turned off. Ideally, this should be at least one to two hours before bedtime.



06

Avoid large meals at least two to three hours before bed. Large meals can make it difficult to fall asleep. If you're hungry before bed, opt for a small snack containing protein and high fibre carbohydrates (for example, some whole wheat crackers and peanut butter).



**PUTTING IT
ALL TOGETHER**

While diet is one aspect of maintaining physical and mental health, it's only one of several pillars of whole-body health. By combining eating well with exercise, positive self-talk, and a healthy sleep routine, you can ensure you're giving yourself the best chance of feeling well and staying healthy.



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