A BETTER YOU
for a better school

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TOPICS TO COVER

• Energy makers vs Energy zappers
• Powerful lifestyle "medicines"
• Plan of action
Lifestyle 'Medicines'

Let food be your medicine and medicine be your food.

Rx: Nourish

Bad Medicine

- ZERO nourishment
- Raises blood sugar
- Creates inflammation
- ZAPS your energy!
NOURISH FOR ENERGY

• Drink Water!
• Smart Swaps: Real vs processed
• Smart Starts: Energizing breakfasts

H2 OH!

• More clear-headed
• Fewer headaches
• Better digestion
• Easier weight management
• More energy

WATER TIPS

• First thing in the morning
• 30 minutes before each meal
• 4 or more ounces every hour
• Add some lemon/lime for flavor
• Find & use a water bottle you love
EATING FOR ENERGY

- Less ingredients
- More fiber

SMART SWAPS

SMART STARTS
Rx: Move

"We don't quit exercising because we grow old - we grow old because we quit exercising"

Dr. Kenneth Cooper - "Father of Aerobics"

- Less stress
- More energy
- Happier moods
- Greater productivity
- Less sickness
- Easier weight mgmt
- Increase HGH

Why Movement?
FITNESS IN A FLASH

- Move every hour
- Commit to 10 minutes
- Find YOUR flow
- GET N.E.A.T.

- Micro work-outs
  - 60 second powerups
  - 4 minute TABATA
  - 10 minute HIIT

GET N.E.A.T.

Rx: Rest & Refresh
No other activity delivers so many benefits with so little effort!

SLEEP IS GOOD MEDICINE!
- Mental Sharpness
- Healthier Brain
- Increased productivity
- Emotional Balance
- More Energy
- Less Stress
- Easier Weight Control
- Look and Feel Younger!

5 things to do today to sleep better tonight
- Soak up sunshine
- Quit caffeine early
- Get some exercise
- Skip the night cap
- Drop the blue light

Stress Less
- Breathe/Meditate
- Love More
- Laugh Often
What ONE thing will move you forward?

Will you commit to yourself?