

YOUR WELLNESS JOURNEY

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THE

# THREE PILLARS

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Getting back to the basics:  
Food  
Movement  
Self-Development

Traci Trainer

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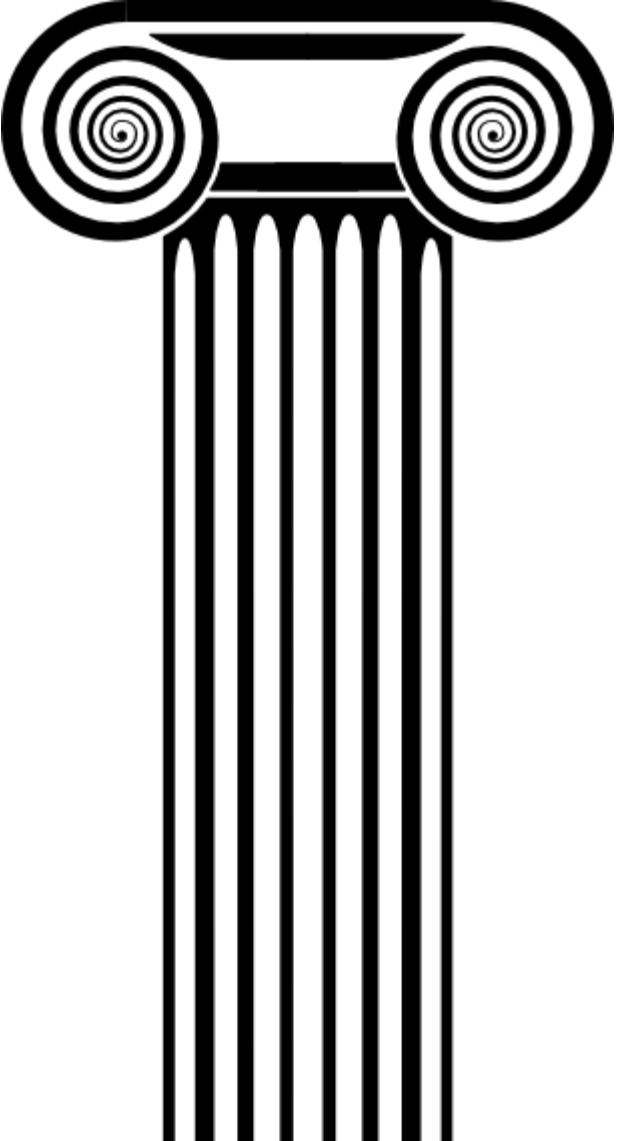
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# FOOD

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What you put in your body is one of the most important components of your wellness. Not only does it fill you up with the nutrients you need, but it influences your emotions, how you feel and your ability to fuel your movement routine.

## Crowding Out



Get your 5-7 fist size servings of fruit and veggies in **each** day! Remember, veggies are a free card to weight loss. Rely on the Fab 4: fiber, veggies, healthy fats and protein. Get all of the most nutritious foods in your diet, and have less of the artificial processed foods (white flour, sugar, alcohol.)

## Water

Your Weight x 0.5 = Oz of water per day!

## Eat Real Food

Eating real food is the number one tool in health and weight management. Period. Count ingredients, not calories.

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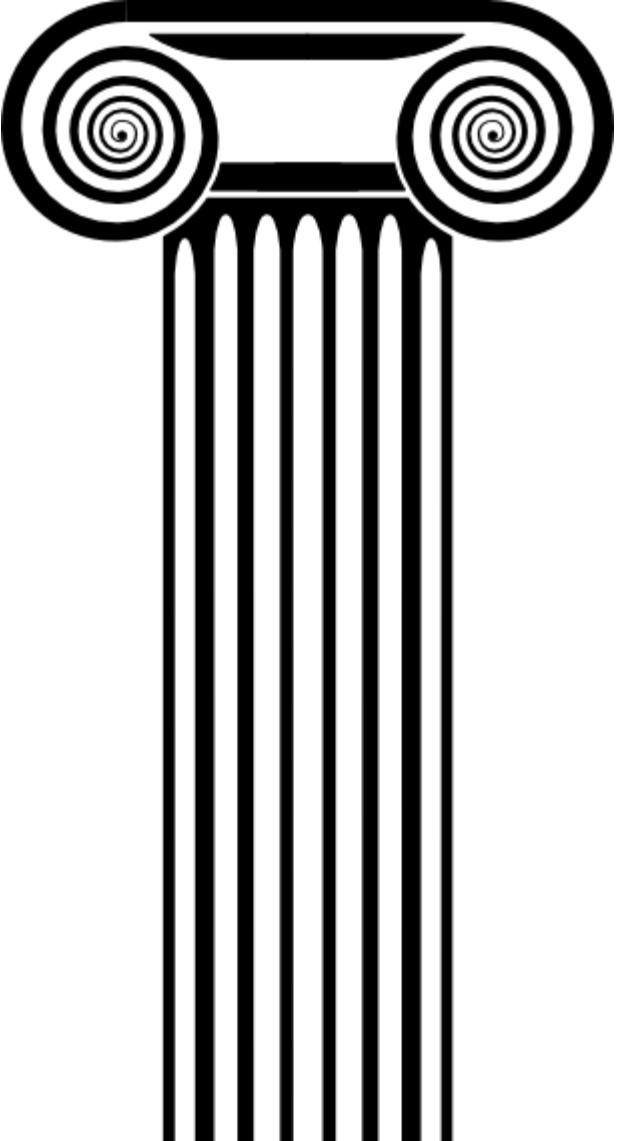
# MOVEMENT

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What you do with your body is also an essential part of your overall well being. A sedentary lifestyle is not only unhealthy, but limits what you believe you are capable of doing and achieving.

Get out, get moving!

## Make a schedule



Are you committed to moving your body everyday? Put movement in your calendar. A walk over lunch, a workout class after or before work, a family trip to the park. Make your movement a priority.

## Variety

Keep your body guessing! To see changes, it's important to incorporate variety into your movement. Go for a run, lift weights, attend a yoga or pilates class, dance, go climbing - variety is the spice of life!

## Listen to Your Body

Different forms of exercise give you different forms of energy, and by listening to your body you can find the movement that will work best for you!

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# SELF DEVELOPMENT

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Each person has a different journey. Your emotions, thoughts, lifestyle and style influence your journey to wellness. Never think wellness is a one-size fits all experience. Be true to yourself and you will flourish!

## Bio-Individuality

You are unique. Your needs, family's needs, schedule and style are different than someone else's. Discover what works best for **you**. Your body has all the answers it needs. Be honest and trust the changes you make over time.

## Intentions

Being each day in a positive way through meditation and connecting with what feeling you intend to create. Visualize healthy. Write our your gratitudes and set yourself up to win!

## Primary Foods

Primary foods, like your relationships, commitments and responsibilities, trump secondary foods, the actual food on your plate. Surround yourself with things that serve you.

## Words & Limiting Beliefs

The words we speak and thoughts we think create our reality.

