

# START YOUR WELLNESS JOURNEY

Shake up your daily  
routine with these  
lifestyle change tips

KATE GLENDON COACHING

[WWW.GLENDONCOACHING.COM](http://WWW.GLENDONCOACHING.COM) | [@KGLENDON\\_COACHING](https://www.instagram.com/KGLENDON_COACHING)



# CONTENTS



03

INTRODUCTION

04

WHAT IS YOUR "WHY"

06

BUILDING NEW HABITS

08

FILL YOUR PLATE

12

WELLNESS TIPS

13

THANK YOU



## A HEALTHIER, MORE CONFIDENT YOU IS WAITING.

Hi, I'm Kate!

I help my clients overcome limiting beliefs that are holding them back in their jobs, relationships, and habits. My mission is to empower women to regain their confidence and create the life they deserve. Our work together will focus on identifying the negative narratives you are telling yourself and teaching you how to re-write your story.

In this e-book, I'm sharing tips and tricks to help those who want to start their journey of healthy eating and building new habits boost confidence and create momentum for a positive and fulfilling life.

*Kate Glendon*  
LIFE COACH


# WHAT IS YOUR WHY FOR HEALTHY EATING?

---



Nutrition is a wide-ranging subject that can vary significantly from person to person. Trying to impose a universal approach to this field is unrealistic. It is important to balance enjoying yourself and making healthy choices.

What is the reason behind your commitment to healthy eating? Understanding and reflecting on your motivation for embarking on this wellness journey is crucial because it helps keep you focused and committed to your goals. By identifying your personal "why," you can establish a strong foundation for adopting and sustaining a healthy eating lifestyle that supports your overall well-being. So, take a moment to delve into what drives you and embrace the path to a healthier you with conviction and determination.



Take a moment to  
delve into what  
drives you and  
embrace the path  
to a healthier you  
with conviction and  
determination.

# BUILDING NEW HEALTH GOALS & HABITS

---

Once you proclaim your new habit, write it out every day and keep a copy in your home or office so that you will notice it.




To prepare for this new habit, take some time to consider what obstacles you may face.

What are some things that are likely to get in your way? What are some daily barriers that are likely to pull you off course?

Create plans for how to navigate them.

How can you effectively address these issues? Or, what strategies can you employ to recover swiftly and resume progress?

- Now, imagine what it would look like to have the goal achieved.
- Write down how that feels and what you must do to achieve your desired outcome.
- Now, show up as if your goal is done. This helps you believe the goal or new habit is completed.



Every time there  
is a success,  
celebrate and  
note what  
actions  
occurred that  
created your  
achievement.

Remember- everyone is flawed. There will be times of inconsistency, but what matters is that you get back on track as soon as possible. Achieving success is all about embracing a handful of easy habits that we practice every single day. Conversely, failure often stems from making misguided judgments and repeating them daily. Remember, success is within your reach if you focus on those positive daily routines and avoid repeatedly making the same mistakes.



Achieving  
success is all  
about embracing  
a handful of easy  
habits that we  
practice every  
single day.



# FILL YOUR PLATE

A top-down view of various fresh ingredients on a white, cracked marble surface. At the top center is a whole head of garlic. To its right is a single garlic clove. Below the garlic are several black peppercorns. In the center is a large piece of ginger root. To the right of the ginger is a white bowl filled with white rice. At the bottom center is a clear glass bowl filled with dark brown flax seeds. At the bottom right are two more pieces of ginger root.

To maintain a balanced diet, it's important to include whole grains, protein, leafy green vegetables, and fruits. Try to increase your intake of various foods while watching portion sizes and limiting processed foods. A good rule of thumb is to set up your plate with half fruits and vegetables, a quarter protein, and a quarter carbohydrate. Remember to make gradual changes towards a healthier diet. Portion sizes matter.

# HELPFUL TIPS FOR YOUR PLATE



3 ounces of meat, fish, or poultry.  
Palm of hand (no fingers)



1 ounce of meat or cheese. Thumb  
(tip to base)



1 cup or one medium fruit. Fist



1-2 ounces of nuts or pretzels.  
Cupped hand.



1 teaspoon Fingertip (tip to 1st joint)  
1 tablespoon Thumb tip (tip to 1st joint)

# STOP THE YO-YO DIETING

---

The unintentional restriction that comes from years of yo-yo dieting, fearing food, or being modeled restrictive eating habits can look like this:

- Harboring fear around certain foods
- Overestimating your intake out of caution
- "Saving up" food throughout the day out of fear of hunger
- Perpetually snacking instead of eating a filling meal
- Trying to "healthify" meals and recipes



# WELLNESS TIPS

---

## DRINK MORE WATER

Staying hydrated aids in weight loss, keeps you focused, and improves skin tone.

## GET MORE SLEEP

Sleeping more than 7-8 hours is massive for your overall health. Focusing on sleep improves your brain performance, mood, and health. Less sleep increases cortisol and hunger levels.


## MOVEMENT

Regular activity improves heart health, aids in weight loss, and enhances mood and sleep. Increase your active aim for 150 exercise minutes a week. Exercise doesn't have to feel like a chore. If you find activities you genuinely enjoy,

They can become a fun and sustainable part of your lifestyle. Integrating movement that feels good into your routine makes you more likely to stick with it in the long run. Consistency is vital in exercise, as that is how habits are developed! Over time, you'll notice the positive effects on your physical and mental health.

## MANAGE STRESS

Managing stress and practicing self-care helps decrease anxiety and depression. So, think about what you're grateful for instead of stressing about what you can't control. A balanced diet that includes an array of fruits and vegetables benefits your physical health and helps improve your mood.



As you start eating better and exploring new healthy food options, you will notice an increase in your self-image, health, and confidence.

# TIPS FOR A HEALTHY & ENJOYABLE CELEBRATION

---



These suggestions are super helpful, so please keep them in mind:

- Only fill your plate once
- Choose clear alcohols or skip them altogether
- Have water in between alcoholic drinks
- Choose one dessert to indulge in
- Skip appetizers to enjoy your main meal
- Never skip breakfast
- Reduce your consumption of refined sugar and alcohol

# MAKE MEMORIES AND HAVE FUN!

To fully enjoy special occasions, spend time chatting with friends and family. Be selective about the food you choose to eat at parties, and consider bringing a dish that you love and that is also healthy.

Also, remember to exercise the day of and the day after a celebration, not as a punishment, but to feel better and to stay in your routine. Take advantage of the opportunity to eat foods that you don't usually have throughout the year, but also enjoy healthy recipes at home.



# SUPPORT YOURSELF FROM THE INSIDE OUT

TO LOOK YOUR BEST AND BOOST  
YOUR CONFIDENCE.

I am here to help you achieve your wellness goals and desires and guide you, so sign up for your complimentary coaching session at

<https://calendly.com/kateglendon/thirty-minute-chats>



*Thank you!*

KATE GLENDON,

GLENDON COACHING, LLC 2023 | ALL RIGHTS RESERVED | DO NOT  
REDISTRIBUTE