

# Health, Happiness, & A STRESS-FREE DAY!

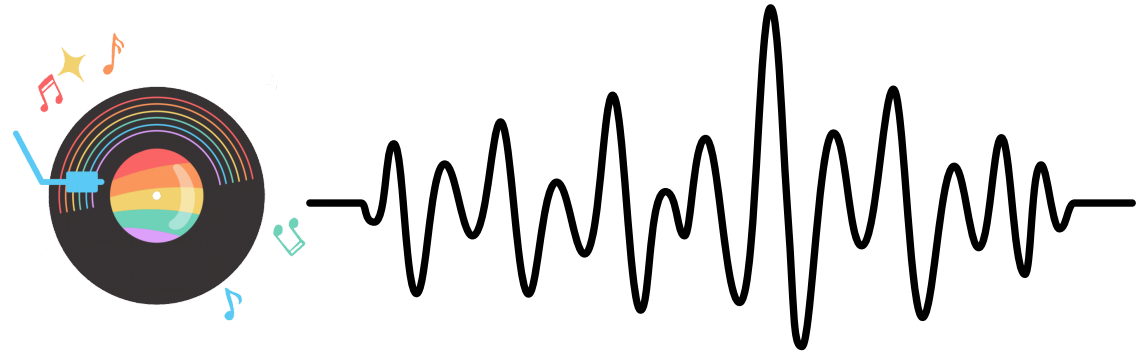
*Healthy Habits that make you Smile!!*



By Adita Yrizarry-Lang



# Adita Grizanny-Lang



Daughter of 2 medical doctors... “I was supposed to go to medical school, but I chose preventative medicine instead”

40 plus year veteran of the Health and Fitness Industry

Faculty member for many of the Industry organizations Including ACE, NASM, AFAA, and ISCA

One of the first educators at the first fitness conference in 1986, IDEA Fitness Convention

Educated thousands of health professionals throughout US, Europe, South and Central America, and Asia



Adita  
LANG



A group of five children are running and jumping joyfully in the rain on a grassy field. The rain is captured as numerous white streaks against a dark, blurred background of trees. The children are wearing casual clothing like t-shirts and shorts. The scene is lit with warm, golden light, suggesting late afternoon or early morning. A semi-transparent green banner is overlaid across the middle of the image, containing a quote.

“Life is not about waiting for the storm to pass, but  
learning to dance in the rain.”

—Viviane Greene



# Let's take a moment to BREATHE...

**Inhale through a slow count of 4**

**Pause or hold your breath for a slow count of 4**

**Exhale through a slow count of 4**

**Pause or hold your breath for a slow count of 4**

**Repeat**

4-4-4-4







# How did you feel??

GREAT...You were able to breathe slowly through the 4 count, and holding your breath for 4 was easy.

## Resetting is Easy

CHALLENGED...You were not able to breathe slowly through the 4 count, and holding your breath for 4 was frustrating and uncomfortable.



## Resetting tools needed





# What is STRESS?

The body's physical, mental, or emotional response to changes or challenges in life.

Triggered by various factors, such as work pressure, relationships, financial issues, or health concerns.

Can manifest in both **positive (eustress)** and **negative (distress)** forms. Eustress can motivate and energize individuals, while distress can overwhelm and negatively impact health and well-being.

-WEBSTERS DICTIONARY

Maybe it's an ONION??



# Stress and The Onion...



**Center of the onion – Newborn**  
Zen buddist monk = Zero Stress

**Kindergarten**

**High School**

**College and Beyond**

**= TRIGGERS**

**Do you recognize your triggers?**





**Stress =**  
**Muscle Tightness**  
**Slow Recovery**  
**Disrupted Sleep**  
**Cranky**

# Health Impacts of Stress

**Bad Bacteria LOVES Stress!**

## What happens Inside?

Digestion Issues

Nutritional Absorption Issues

Weight Gain

Joint Pain

Disease



# Movement Exercise

Close your eyes and focus  
on the sound of the  
breath

Start from the feet – pointing them and release  
with the exhale

Flex the feet

Extend and tighten the legs

Spread out the fingers

Extend the arms

Shrug the shoulders

Turn the head to the side

press the chin down

Repeat

# Release Tight Muscles



As you are watching me...



Close your eyes...



Discover the areas of your  
body that are tense...

## Use your breath to LET GO...





# How did you feel??

GREAT...You have a few areas of the body with TINGLES, but your shoulders and back feel at ease.

## Resetting is Easy

CHALLENGED...Several aches and pains were HIGHLIGHTED. You feel tingling on several areas of the body

## Resetting tools needed

Stretching or Massage





*"In every negative situation, you can always find 10% of something good"*

-Craig Cambell





# 5-Minute Break





Health Professionals are the  
Superheroes of health. It's  
time to lead by example and  
reset from the Inside out!





# **The Four Pillars of Health**

**Exercise and Movement**

**Food and Nutrition**

**Sleep and Relaxation**

**Happiness**



# Exercise and Movement

## The American College of Sports Medicine states...

- 150–300 minutes of activity per week
- Activity Is defined as anything that Increases your heart rate and makes you sweat
- Your exercise minutes DO NOT have to be consistent

### Types of Vigorous Movements

Exercise at a Gym  
Walking / Running  
Housecleaning  
Gardening  
Building Things







Lets take a  
moment to  
**MOVE!**

**Dance Off!!**

*5-minutes of something, Is better than nothing*

**Remember...Movement CREATES Energy!**





# How did you feel??

GREAT...Re-energized, Happy, overall GREAT

## Resetting is Easy

CHALLENGED...Self-conscious, a bit uncomfortable, not into It



## Resetting tools needed

Singing in the shower or Mid-Day Dance Breaks





# Food and Nutrition



**Carbohydrates:** Fruit, Vegetables, and Un-Refined Grains

= Immediate ENERGY

**Protein:** Animal and plant-based options

=Cruise CONTROL

**Quality Fats:** Cold Pressed Oils, Raw Nuts and Seeds

=Back-Up BATTERY

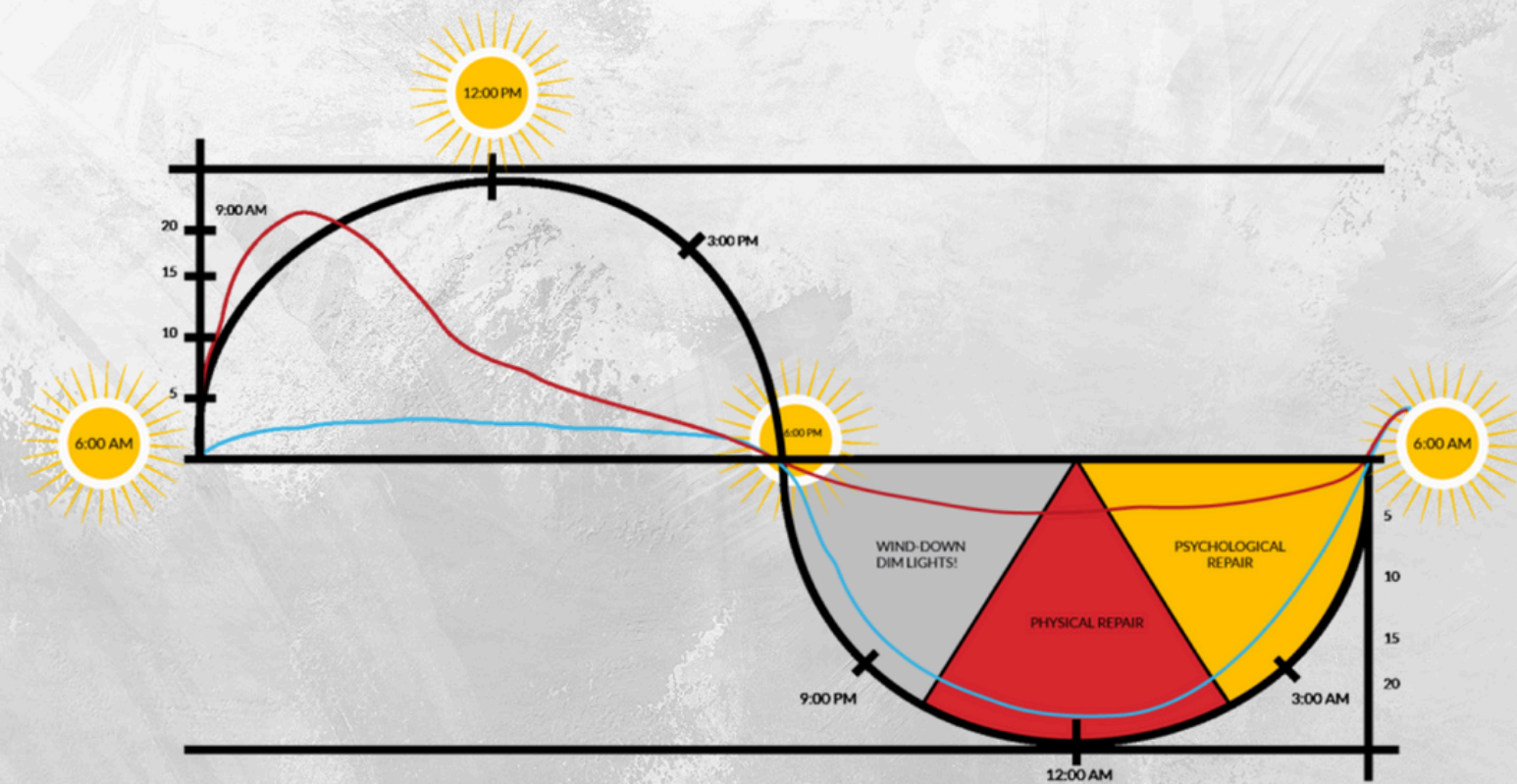
**Initial Layout for Meals or Snacks - 40-40-20**

- **Minimize the Sugars** – Sugar, Flour, Dairy, and Alcohol
- **Stay Hydrated** – Your urine should be clear
- **Minimized packaged and manufactured foods** – these include additives, preservatives, and fillers
- **Read the food label** – If you can't pronounce it and can not define it...Don't eat it!





# Sleep and Relaxation



**Cortisol** - Daytime /Awake Hormone

**Serotonin** - Night time / Asleep Hormone

10pm - 2am = Physical Recovery = Physical Activity & Physical Stress

2am - 6am = Mental Recovery = Daily Stresses





# Happiness!!!

**When was the last time you laughed so hard...you cried?**

"The average child laughs 400 times per day, the average adult, only 14."

Surround Yourself with Happy People

Take a Moment each day to do something for YOU

Be Grateful for 5 things every day

Know what your Boundaries are and stick to them

**Happiness is Internal - no one can give it to you or take it away**





# Let's take a moment to BREATHE...

**Inhale and slowly extend the breath as LONG as  
you can – counting as you Inhale.**

**Exhale and extend the exhale as long as you can  
– counting as you exhale**

**Now, REPEAT and Beat Your Score.**



## WHATS YOUR SCORE?





# How long was your breath??

**The average Yogi can go to 40+**

There Is no right or wrong. This Is an exercise that Improves with PRACTICE. You can do at least 3 full cycles In 1-minute.

**My average client can go to 14+**

Taking a moment to focus on the breath, creates a mental reset = mental clarity = reduced stress, and a few other things:)





Create the day you deserve!



# Questions?

For additional questions and more  
information:

[www.aditalang.com](http://www.aditalang.com)

[info@aditalang.com](mailto:info@aditalang.com)

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