

Health, Happiness, & A STRESS-FREE DAY!

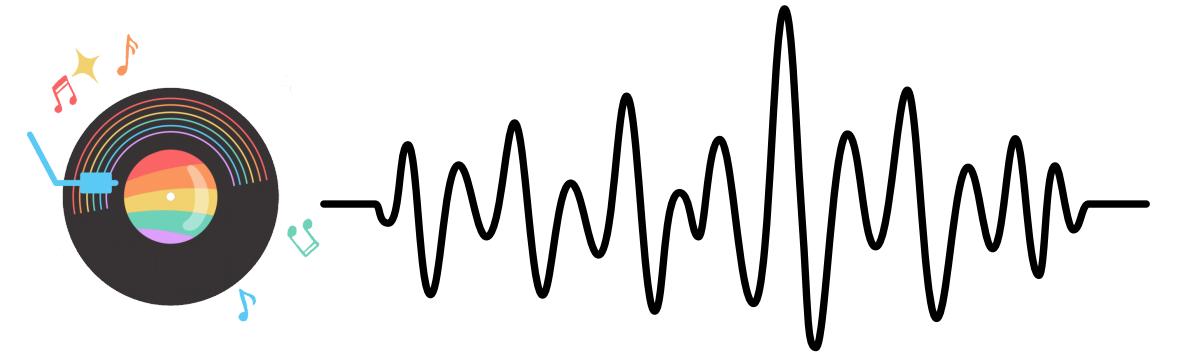
Healthy Habits that make you Smile!!

By Adita Yrizarry-Lang

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Adita Yvizzarvy-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

Disclaimer: The information in the session is for general health and wellness information and not intended as medical advice.

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A group of six children are playing in a grassy field during a rain shower. The children are of various ages and are wearing casual clothing. They are running, jumping, and laughing, clearly enjoying themselves despite the rain. The background is a dark, out-of-focus area, suggesting a wooded or park-like setting. The overall atmosphere is one of joy and freedom.

“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 buddhist monk = Zero Stress

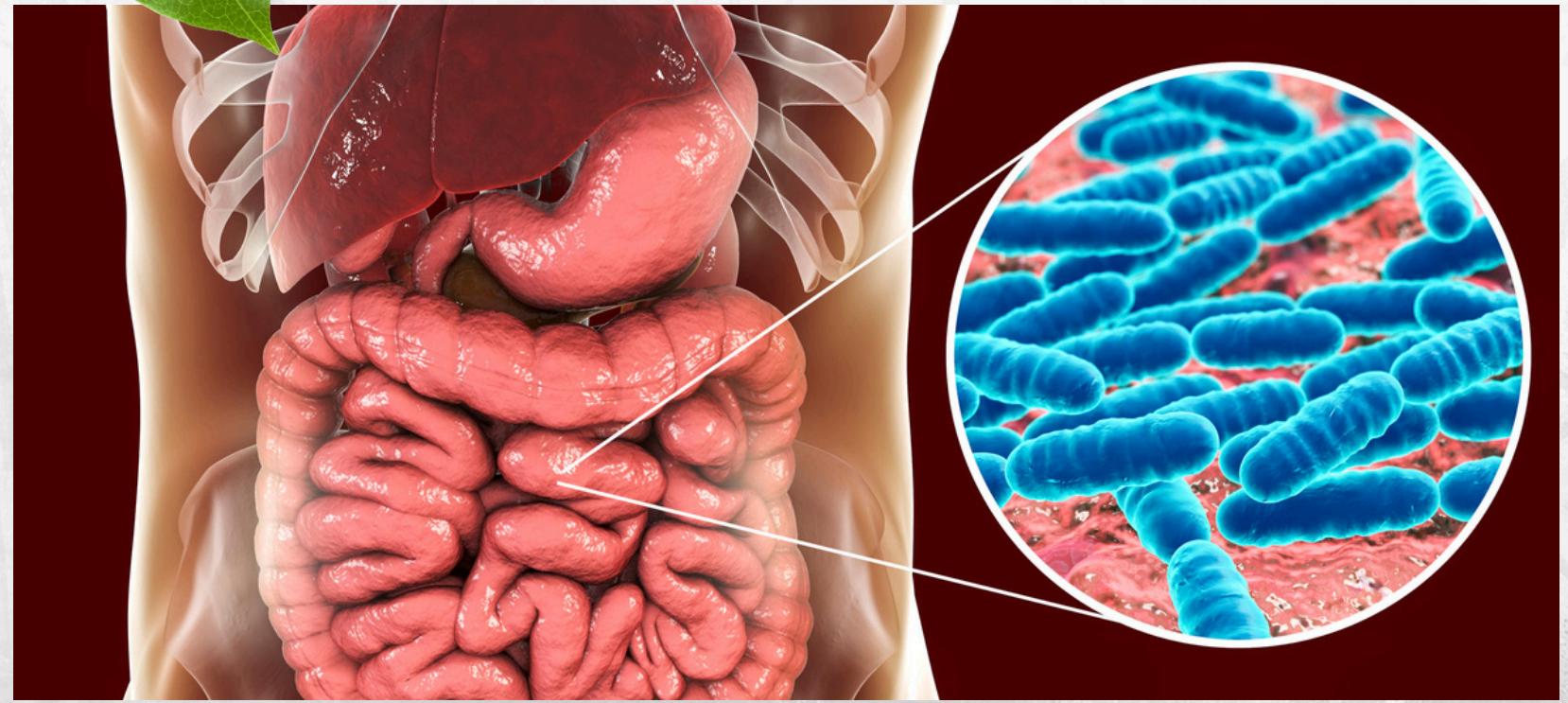
Kindergarten

High School

College and Beyond

= TRIGGERS

Do you recognize your triggers?



Health Impacts of Stress

Bad Bacteria LOVES Stress!

Stress =
Muscle Tightness
Slow Recovery
Disrupted Sleep
Cranky

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 Campbell



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

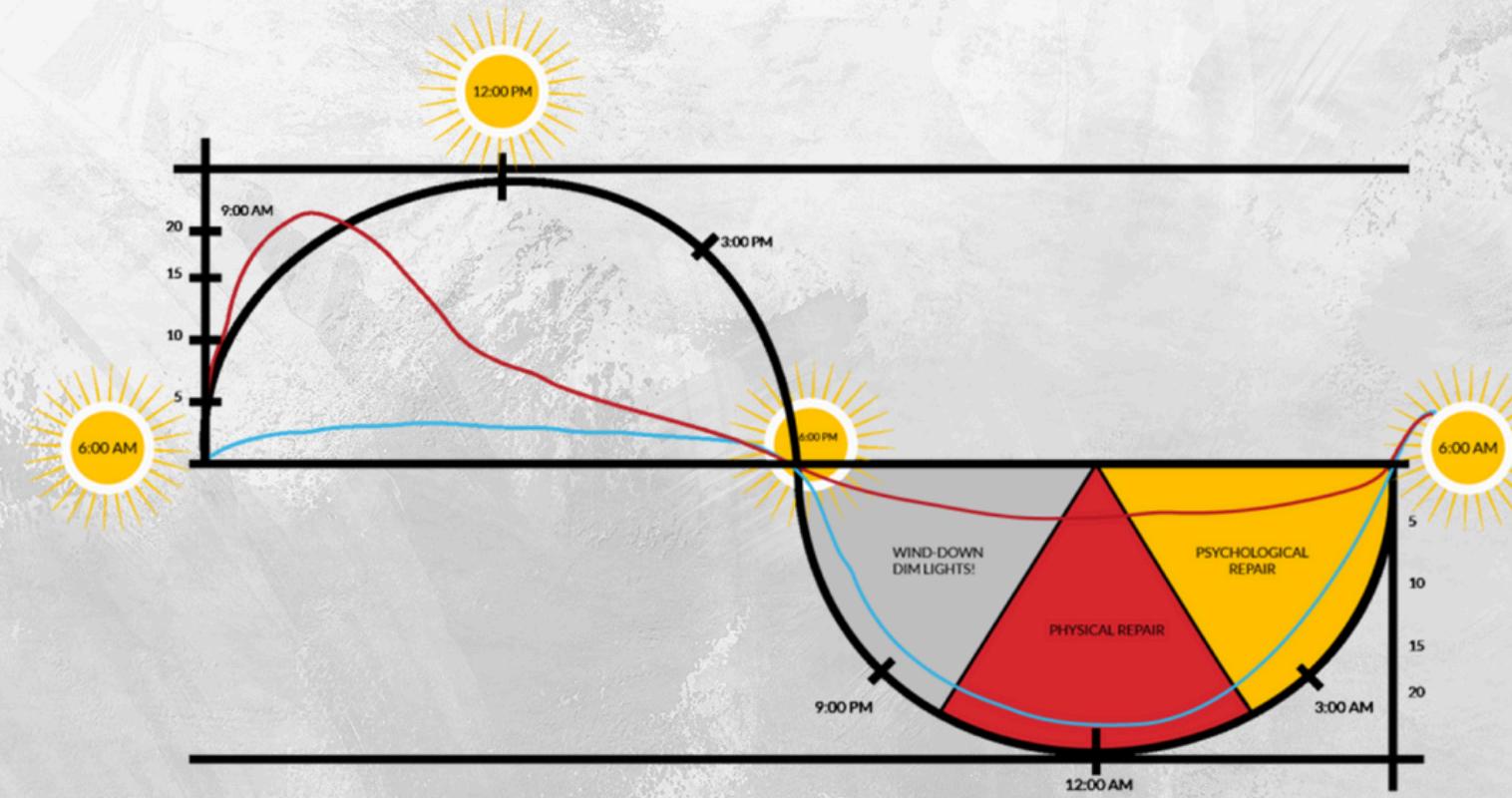
=Back-Up BATTERY

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:

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