

# A GUIDE TO HIGH PERFORMANCE HEALTH

5 simple facts you need to know to achieve high performance Health

By Coach Jennifer, Licial wellness

## Meet your Coach...



As an experienced Nutritionist and registered wellness coach, Jennifer helps individuals and corporations to live a healthy, energetic and meaningful life. Jennifer helps you to feel healthier, happier and energetic, transform your relationship with food, breakthrough what's really holding you back and shows you how to feel good in your own skin. She is an author of a healthy recipe book, runs a successful silent retreat programme, gets involved in medical camps that serve the less privileged in her community and has been featured in the "Women in Power" segment on Nation TV station. She has also designed healthy corner programs for a 5 star hotel group in Kenya. To learn more about Jennifer, visit her on [www.licialwellness.com](http://www.licialwellness.com)

Do you feel unhappy with your current body size?

Do you feel tired and no energy at all?

Do you have a family history of obesity?

Well, here is some good news...you don't have to sit back and accept that you are destined for weight gain or lifestyle diseases.

True, in some cases, your family genes could influence higher chances of type 2 diabetes and heart disease BUT this doesn't mean you surrender! Rather than worrying about genes, redirect your thoughts to knowing your body better because it is unique and there lies the answers to your total being.

Consider the fact that no one fingerprint is alike. It's amazing to think no one in the entire world will ever share your same fingerprint.

Your fingerprint is your identification, your unique marking, your signature. Just as your fingerprint is one of a kind, so is the rest of you.

We have to learn our bodies by trying out different healthy foods so that we know what foods serve our bodies better. For example, how do you feel after eating certain foods? Do you feel alert, vibrant, and full of energy—or do you feel sluggish, bloated, and sleepy.

Some people do better and feel better with more carbohydrates while others function better with more protein. Again, listen to your body; it will communicate by how you feel and what foods work best for you.

Let me share an interesting fact that we have observed over the years with our clients and my own body; once your body heals (reverse lifestyle diseases and obesity) you are able to cope with more varieties of foods because your body is now strong and has developed resilience! How cool is that?

**Here is a perfect place to start;**

Here are 5 simple facts you need to know in order to successfully start your journey to a healthier you. Just being aware of these facts will arm you with a wealth of knowledge and will be of great support when drafting your meal plans.

**Set up your mind for success-** it has been said that our emotions (behavior) flow from our thoughts. What many people don't realize is that the thoughts they think each day can affect their weight loss dramatically.

Instead of feeling sorry for yourself, see yourself in the healthy, beautiful body you've always dreamed about and believe it is possible for you. If you start by believing it is possible for you to be and feel healthy, then you have done 50% of the work! Now that is a great start my friend!

## **Kick out Sugar from your diet once and for all**

It is no secret that sugar contributes to weight gain and is the number one cause of obesity in the society today.

Here are some of the names used on labels that refer to sugar. Corn Sweetener, Corn Syrup, or corn syrup solids, Dehydrated Cane Juice, Dextrin, Dextrose, Fructose, Fruit Juice Concentrate, Glucose, High Fructose Corn Syrup, Lactose, Maltodextrin, Malt syrup, Maltose, Raw sugar, Rice Syrup, Saccharose, Sucrose, Syrup, Treacle, Turbinado Sugar, Xylose.

Sugar is also extremely addictive- It brings about feelings of highs and lows in the body similar to what drugs do and guess what, the negative side effects are just as bad as drugs. You will find sugar in juices, sodas, cereals, bread, pastas, rice, starches and alcohol.

The moment you stop taking sugar, your addiction quickly disappears; when you are on sugar, you are always craving it. When you start limiting your intake of these sugar-containing products, you see an immediate change in your weight. It's not easy but the results are worth it. Just start!

# Let's eat real food as opposed to processed food.

- Real foods - foods in their natural state (whole). They contain all the vitamins, minerals, antioxidants and all the great nutrients that help our bodies to function well. We need to eat plenty of vegetables and fruits, water (best source of minerals) grass fed lean meats, pastured chicken and eggs, wild caught fish, raw nuts and seeds and plant based foods.

Here is how I look at **processed foods**- Any food that contains too many ingredients on a label and most of them cannot be pronounced. Please grab your favorite cereal and check the ingredient list.

If you find that you cannot pronounce some of the ingredients (reminds of chemistry class) then it's time to ditch it! These are all chemicals and your body reads/treats them as toxins. You are giving your liver such a hard job in getting rid of these toxins.

If you are constantly on processed foods, your liver can become overwhelmed. Remember your liver also helps you burn body fat so if it is kept busy cleaning out toxins, it has no time to get rid of your unwanted fat! This fact alone should direct you to re-stock your kitchen cabinets and pantry with real food today.

Ensure you have all your meals when hungry; No skipping meals. and ensure it is a balanced diet. Your food should contain all the nutrients. Most important to note is that your meals should have protein. Protein not only fuels your muscles, it also helps stabilize your blood sugar and prevents hunger. So you get the benefit of lean, toned muscles and a great way to not be hungry.

**Sleep-** This is one tops my list lately. The most undervalued wellness habit is good sleep. We have been misled over the years that the less sleep you get the more productive you become. This is a good time to burst this myth.

Some of us still define success as working the longest hours with no vacations, sleeping less than 7 hours, responding to emails way past midnight- in essence the people suffering the most! We are toppling over from stress and poor sleeping habits. We must redefine success as it is no longer viable. Our well-being is important and has to be included in the success equation now!

Sleep can contribute to weight gain, and it's also associated with a lot of lifestyle diseases like depression, heart disease plus many others. Research shows that sleep deprivation lowers not just our attention span, focus and memory; it also affects our emotional intelligence, self esteem and empathy towards others.

Getting 7-9 hours of sleep is vital to optimal health. What's the correct number of hours your body requires, you may ask? Listen to your body's wisdom- that's the most accurate tool.

## **Some great tips for a better sleep...**

Avoid electronics 30-45 mins before bedtime- ensure you don't take any device with you to your bedroom.

Do some light stretches and deep breathing exercises to help your body and mind transition to sleep

Avoid caffeine from afternoon- keeps you awake at night

Gratitude diary- write a list of what you are grateful for. I use an app "gratitude grid" which reminds me at 9pm to fill in/ answer 10 guided gratitude questions.

**Exercise-** Your body needs you to get on a regular exercise routine. Remember nutrition combined with regular exercise is a guaranteed win. Exercise makes your muscles more sensitive to insulin so you will not require as much. Less insulin in the body means less inflammation and less body fat especially the belly fat!

A great tip is to get into a routine that you can sustain, so that it doesn't feel like work. If it feels like work, you will end up quitting. If you love to walk or skip that's fine. You will need to do this daily for about 45 mins.

I always encourage my clients to combine cardio with weights so that you have a well toned and strong body. If you can get to high intensity training then all you need is 20 mins max. Be sure to get guidance from a gym coach if you are not sure. Whichever way, get moving!



Congratulations for downloading this guide and here is to a healthier and happier YOU!

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