

5 Healthy Habit Hacks

Feeling stressed, overwhelmed,
frustrated and scattered?

The more specific we get about
what we want, the clearer the steps
become to get there!



What would your life be like if your health was
being was directly dialed in to your specific needs?

It is time to take control of your mind, health,
business and life.

A STRONG FOUNDATION
+
EXCEPTIONAL HABITS
=
AN OUTSTANDING LIFE

5 Healthy Habit Hacks

5 Healthy Habits You Can Start Today to Improve Your Mind, Body, Health, Business & Life!

- 9 minute routine. Before touching your phone, focus. Begin every morning with 3 minutes of each, breathing, gratitude, goals.
- Water. Warm lemon water every single morning (before coffee). Lemons offer a significant dose of vitamin C, produce alkalinity in the body, boost metabolism and immunity, and keep skin clear from blemishes & breakouts.
- Sleep. Nothing feels better than waking up in morning after a good night of sleep. Energized with mental clarity and ready to make the most of the day. Humans do need 7-8 hours of quality sleep a night for proper recovery and overall wellness. Lack of sleep can contribute to weight gain, weakened immune system, mood changes, impaired physical performance, and weakened cardiovascular health.
- Challenge. Do something every day that challenges you. Doing hard things is proven to stimulate neural pathways in the brain; necessary especially as we age. Run a 5K, practice a new language, try contrast therapy, engage in deep conversation, try my 30 Day Challenge for Mental Toughness, track and reduce expenses. Do something everyday that challenges you.
- Movement. Sitting for more than 90 minute “jam sessions” creates a stiff and slow body and brain. The Harvard Business Journal notably supports this work structure to keep your body moving. Concentrate on increased range of motion around the joints; especially if you sit at a desk most of the day. Set a timer to get up and move at least every 90 minutes. Listen to your body and it will tell you what it needs; stretching, foam rolling, a walk, a massage. As fascia through the muscle stiffens with age, foam rolling can be a game changer!

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LINDSEY FISHER

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Helping women in business and female leaders build a healthy mind, healthy body, and healthy business. Taking you from feeling overwhelmed, unhealthy and scattered to strong, focused, and empowered.

Offering 1:1 coaching programs, group coaching, workshops and speaking engagements.

Connect with me!

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Enriching Wellness, Business & Community