

M . E . S . H
MOVE EAT SLEEP HYDRATE

FOR HEALTH



By Michelle Cederberg, MKin, BA Psyc, CEP

M.E.S.H. for Health

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Calgary, Alberta, CANADA

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**This is a gift for you from
michellecederberg.com**

Michelle Cederberg

speaker • coach • consultant

Enjoy using the information in this book as
part of a small-steps-plan to
stay healthy and energized.

You don't have to be great to get started, but you have to get started to be great.

—LES BROWN

Introduction

Go BIG or GO home! It's a stupid mantra that helps too many busy, tired, overweight, uninspired people give up before they've even started. You say to yourself, "If I can't go big, why should I bother? I'll wait until I can do it the way I should!" And then you don't.

Listen, if you're busy, tired, overweight, or uninspired, then getting started - even with small steps - may be the only chance you have to drag your busy, tired, overweight, uninspired self away from the sofa, or your desk, or wherever you've chained yourself in the name of work, fear, or laziness. If it sounds familiar, don't worry you're not alone. As a nation, we've taken ourselves off our self-care priority list.

And honestly, how would it feel to finally lose the extra weight, eat a little healthier and boost energy to higher levels? What's it going to take for you to kick your busyness in the behind and reclaim a bit more health and happiness?

This book is a simple, at-a-glance resource to guide you on your daily path to better health, happiness and energy. I want you to think less and do more so it's a quick read full of straight-to-the-point ideas and inspiration to help you M.E.S.H. - move, eat, sleep, and hydrate for health. Read on. Great energy is on its way!

A handwritten signature in black ink, reading "Michelle Cederberg". The signature is written in a cursive style with a long, sweeping underline that extends to the right.

Michelle Cederberg

Chapter 1: Get Started!

When it comes to staying healthy, as far as I'm concerned there are four health practices that should be a non-negotiable part of your daily routine. Sure, there are lots more creative and quick-fix ways to stay energized, but a busy schedule needs to get back to basics:

MOVE

EAT

SLEEP

HYDRATE for health.

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Everything else you do is a bonus. Habituate these four - even in small steps - and you'll notice a big difference in energy and vitality.

So, what do you need to do differently in your life to find success with your health? What do you need to quit, change, or start to get back on track with energy, health and happiness? Skip the excuse making, it's your quality of life we're talking about here.

Do you need to:

- *Quit smoking, quit staying up so late, quit procrastinating, quit drinking;*
- *Change eating habits, change your attitude about exercise, change how you treat people;*
- *Start exercising, start prioritizing sleep, start doing what you say you will?*

Be honest with yourself regarding the effort and commitment you put into improving your

health, happiness and energy. Take responsibility by accepting that *you* are the common denominator in everything that happens in your life, good and bad. And you're the only one that can truly make it happen. Focus on the good and start today.

“To fully be responsible, you must take responsibility for the good and the seemingly bad in your life – for your positive habits as well as your negative habits.”

~ Lynn Pierce

In the next four chapters I share simple ideas, tips and resources to help you move, eat, sleep and hydrate (M.E.S.H.) for health. The goal here is not to overwhelm you with too much in-depth information that you don't have the time to read anyways. Now is the best time to get started.

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Not on Monday, or next weekend. Not when the project is done, or the next deal is closed. Not when the kids are less busy, or you are. Not when you have more energy. You won't unless you get started. NOW.

Have fun with this. Read the book (I'm serious, it's a quick read) and then commit to one or two small changes in each area every day. Starting now.

Chapter 2: MOVE

Regular exercise strengthens your heart and lungs, improves your strength and balance, aids in quality sleep, helps you manage your weight, decreases stress, prevents a whole host of chronic diseases, makes you feel better about yourself, and it even gives your brain a boost. Talk about an energy lift for your busy life.

It doesn't matter if you're a couch potato, a now-and-then exerciser, or an all-out fitness freak, your goal for movement should be:

To consistently do more than what is normal for you.

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There are documented guidelines for health and fitness that you can follow, but when you're first starting out or getting back into it, keep it simple.

Choose activities that you enjoy, that increase your heart rate and breathing. You should be breathless but still able to converse. A little sweat is a good thing.

Ten minutes of *doing* is better than the hour you were *thinking* about doing.

At work

- Walk 10 minutes to a meeting instead of driving.
- Take the stairs instead of the elevator.
- Get off transit a few stops earlier and walk.
- Park your car a few blocks from your office.
- Drive part way to work, cycle from there.

At home

- Do crunches on all the commercial breaks while you watch your favorite show.
- Go for a walk after dinner.
- Give your dog an extra walk.
- If you already walk your dog, add hills.
- Do jumping jacks until the kettle boils.
- Do walking lunges down the hallway.
- Run up the stairs. Chasing kids counts.
- Go for a walk after dinner. Take your kids, your spouse, your neighbor or your dog.

More movement ideas

- Walk to the corner store to pick up that newspaper.
- Take the stairs...whenever you can.
- Pick up the pace as you climb those stairs.
- Do 5 desk pushups before each work break.
- Run to catch that crosswalk light before it changes.

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- Stand up when you make phone calls.
- Plan for a.m. or noon workouts to ensure success and avoid late day fatigue or stress.
- Save one weekend day for outdoor activity.
- Exercise with a buddy or sign up for a class to increase your commitment to move.
- Park a few blocks away from your destination and walk.
- Walk 10 minutes on each coffee break.

Ten minutes... what difference will that make?

A lot if you consider that the average 170-pound individual engaged in just ten minutes of effort will burn:

- ✓ 56 calories walking 3 mph
- ✓ 129 calories running 6 mph
- ✓ 51 calories raking the lawn, stretching or chasing the kids
- ✓ 90 calories using the rowing machine, stair climber or stationary bike

- ✓ 146 calories using the elliptical machine
- ✓ 78 calories doing low-impact aerobics
- ✓ 66 calories doing Ashtanga yoga
- ✓ 90 calories doing hot yoga
- ✓ 58 calories doing sit ups.

If your goal is to burn 250 to 500 calories extra per day beyond your daily routine that can be accomplished through a few ten or fifteen-minute efforts throughout the day.

Just remember, if you weigh more you'll burn more per minute of exercise – and less if you're lighter.

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To access to a fun calorie-burn calculator remember to use your web code and visit the page that has been set up just for you.

Remember to:

Move your body every day for 10 minutes+

3x/week move for 30 minutes or more.

Consistently do more than what is normal for you.

BONUS FREE STUFF:

For a free exercise guide and bonus video that shares a full body workout with just

5 exercises, email us at

hello@michellecederberg.com with

FULLFIVE in the subject line!

Chapter 3: EAT

Food is fuel for functionality. Regular, healthful eating helps you think clearly through the day, keeps energy levels up and even assists with weight management and health issues.

Make a few smart changes with your eating habits every day. Learn to enjoy your food, and know that healthful eating can still be delicious and satisfying. Even if you hold on to some of your favorite foods, you can make big strides through bite-sized improvements.

Healthy, bite-sized food tips

- To stay energized, eat a bit every 3-4 hours.
- Eat breakfast even just a few days a week.
- If eating out is hard to avoid, pack healthy snacks for between meals.

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- Down-size your full-whip jumbo mocha to a medium non-fat latte with sprinkles.
- Cut your portion sizes just a bit.
- Be cautious of the little nibbles you sneak here and there.
- Choose healthy late-night snacks.
- Skip the vending machine as a food source.
- Add in fruits and veggies.
- Identify your biggest calorie-busters and consume a little less of them.
- Reduce portion sizes just a bit at all meals.
- Choose lower fat options on foods like milk, yogurt and ice cream.
- Avoid fatty and sugary condiments on your sandwich or burger.
- Choose lean cuts of meat.
- Go light on your salad dressing, in quantity and fat content.
- When you're eating out watch portion sizes and plan to take part of it home.

- Eliminate sugary beverages.
- Go one day without sweets. Choose fruit!
- Add extra leafy greens to dinner.
- Crunch on carrots or an apple when you get a junk food craving.
- Don't eat on the run. Sit and savor so you can relax and avoid overeating.
- If you must have that muffin, just eat half.

GET DEEPER GUIDANCE:

Talk with my dietitian friends at www.healthstandnutrition.com if you need personalized nutrition guidance. They even have an on-line program that brings amazing awareness and results!

Energizing snack ideas

- ✓ An apple, pear or banana spread with almond butter
- ✓ Carrot and celery sticks dipped in hummus
- ✓ Half a cup of low-fat yogurt sprinkled with granola
- ✓ Lower fat cheese on wholegrain crackers
- ✓ A rice cake with almond butter and sliced strawberries
- ✓ A low-fat latte or flavored steamer
- ✓ A handful of almonds and a few pieces of dried fruit
- ✓ A boiled egg on whole wheat toast (skip the butter)
- ✓ Half a cup of low-fat cottage cheese with fruit or apple sauce

Chapter 4: SLEEP

I'm not certain when sleep became a luxury, but it seems to be something that we fit in when we've got time, on weekends, or holidays. I'm here to tell you that's not how it works.

Rest is not something that can be gained through infrequent overdoses. It's a daily requirement alongside energy-producing exercise and healthy eating. Why fight it?

While you sleep, your body restores itself and repairs from the stress of the day. Inadequate rest impairs your ability to think, to handle stress, to maintain a healthy immune system and to moderate your emotions.

While some people claim to be able to operate on little sleep, most of us need at least 7 hours of quality sleep to function optimally.

If you regularly get jolted out of sleep by your alarm then zombie through your day on a half tank of gas, you'd do well to focus on improving the quality and quantity of the sleep you're getting.

Pre-sleep routine

- Get to bed thirty minutes earlier at least three times a week.
- Wind down your busy work at least two hours before bed.
- In that time avoid computer, television, video games, and work-related phone calls.
- Do your best to stick to the same sleep schedule.
- Avoid big meals at night. Eat dinner earlier and avoid heavy, fatty foods.

- Avoid caffeine in the hours before bed so you're not over-stimulated at zzz time.
- If you must have a night cap, have just one. Too much alcohol disrupts the sleep cycle.
- Quit smoking. Nicotine is a stimulant that will keep you awake longer.
- To promote relaxation, take a hot bath or sip on a warm cup of chamomile tea.
- Do some slow stretches or deep breathing.
- Listen to some calming music or meditate.
- Lower the lights to induce production of melatonin, the hormone that helps you fall, and stay, asleep.
- Exercise during the day so your body is good and tired for bedtime.

Sleep environment

- Clean your room! You'll sleep better if your sheets are clean and your space is dust-free.

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- Block all light. Darkness produce melatonin, the sleep hormone.
- Keep your room around 65° F or 18° C. Your body temperature rises as you sleep.
- Open windows for fresh air, or make sure the room is well ventilated. Stuffy sucks.
- To block out unwanted noises try earplugs.
- Get a pillow for your sleep style: side, back or belly sleeper - there's a pillow for that.
- An uncomfortable bed will mean toss-and-turn sleeps. Invest in the right mattress!
- There are only 2 activities that should take place in the bedroom. TV isn't one of them.

From this day on promise yourself that you won't cut back on sleep in the quest to conquer your to-do list. If you make sleep a priority the energy you gain will make you more productive during the day anyway. It will all get done. Sleep tight!

Chapter 5: HYDRATE

Why is water so darn important? Did you know your body is made up of approximately 50 percent of the stuff? Your body needs fluids to help with the digestion, absorption and transport of nutrients as well as elimination of waste products.

Fluids also act as a coolant for maintaining body temperature and lubricating joints, eyes and air passages.

You'll think more clearly, have fewer headaches. Proper hydration can even aid weight management.

75 percent of North Americans are chronically dehydrated, so the simple act of drinking more

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water will make a big, difference to your energy.

Drink water regularly to maintain hydration. Be sure to drink more water in hot weather or when you are very active.

Make Hydration a Habit

- Make your water more interesting by adding a squeeze of lemon or lime.
- Instead of setting down an empty glass, refill it with water and keep sipping.
- Dilute your juice with water. It's usually too sweet anyway!
- Start your day by drinking one or two glasses of water. Set the trend for the day.
- After each trip to the restroom, drink some water to replenish your system.
- When you're out for cocktails ask yourself "Do I really want this?" At some social functions choose sparkling soda instead.

- Freeze bits of peeled lemons, limes, and oranges and use them in place of ice cubes.
- At work drink water from a glass or mug that you like. You'll drink more for sure.
- At home keep a glass of water handy while doing household chores. Sip as you go.
- Replace your coffee or tea with a cup of hot water and a drop of honey.
- Carry a water bottle always, and sip while you wait...standing in line, sitting in traffic, or waiting for the elevator.
- “I have to pee every ten minutes.” As you run off to the restroom yet again, count it as exercise!
- Remember the more water you drink, the less hungry you may feel and the less likely you will be to snack.
- Choose hydrating fluids over caffeine and alcohol one day this week.

Chapter 6: Keep at It

“The greatest glory in living lies not in never falling, but in rising every time we fall.”

~ Nelson Mandela

So now you're armed with a simple plan: Move, eat, sleep and hydrate for health. Do each with small daily steps so it can work with your busy schedule. That's it.

And remember, for great energy and on-going health, from this day forward these four health practices need to be a non-negotiable part of each day. Every day.

New habits take practice so be nice to yourself and be prepared for the occasional bump in the road.

If you come up against a challenge, instead of throwing in the towel and calling it quits, take a closer look at the bump that knocked you down, figure out how to avoid similar bumps as you move forward...then get up and get back to it.

Don't call it failure, call it research. *And don't be so hard on yourself!*

Even if you face a challenge that grinds you to a halt, you know that once you begin again you'll be heading in the right direction. Get back to it. You got this!

If you have any questions or would like more information about Michelle and her products and services visit michellecederberg.com

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My M.E.S.H. Goals!

Use these pages to jot down the 1, 2 or 3 things you want to start doing better with your health.



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Small steps for the win!

About the Author



Health and Productivity Expert Michelle Cederberg galvanizes people to blaze their own path and live a bigger life. An in-demand speaker, author, health expert and life coach, she empowers people to break down the physical and emotional barriers that get in the way of growth - in business and in life.

She holds a Masters in Kinesiology, a BA in Psychology, is a Certified Exercise Physiologist (CEP), Certified Professional Co-Active Life Coach (CPLC) and an ORSC-Trained Team Coach. She truly combines mind, body, and practicality to inspire change!

A natural storyteller, Certified Speaking Professional (CSP) Michelle transports delighted audiences on a journey of truth and laughter that will empower them to optimize energy and health, find better work-life balance and gain momentum toward the personal legacy they long to create.

**To book Michelle to speak at your
organization visit**

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1-on-1 & Team Coaching



Small steps to GREAT GAINS; that's the practical and thrilling philosophy that makes coaching with Michelle so full of possibilities! She'll ask you powerful questions

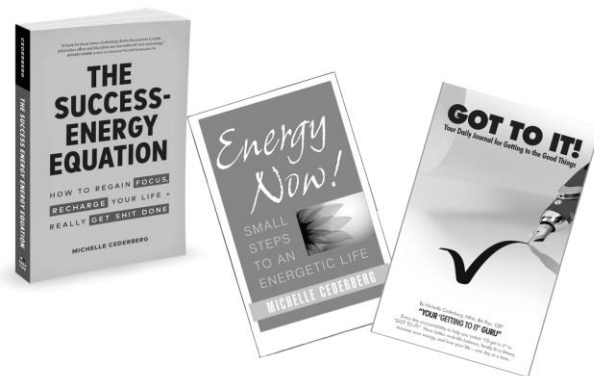
that will open your mind to what's possible. She's genuine, kind and at times quite direct. *She wants what's best for you.* She'll help you unleash your energy and reignite your drive and then hold you accountable as you go for it.

michellecederberg.com/coaching



Other books by Michelle

Today's brand of high-level stress, endless distractions, and lack of time management means we go through life ignoring what we need for ourselves in work and life. You need to slow down and start listening to our body again. *The Success-Energy Equation* is Michelle's newest book, guaranteed to help you regain focus, recharge your life, and really get sh!t done. It debuted as a bestseller October 2020, and it's a guide to help you effectively navigate your post-pandemic life.



*Buy it and her other books at
michellecederberg.com*

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Energy Now! is your inspirational guidebook to energy, health, and a recharged life. It provides bite-sized advice to help you prioritize essential energy creating self-care practices you didn't think you had time for.

GOT TO IT! Daily Journal for Getting to the Good Things is a daily small-steps journal that will help you have better work-life balance, finally fit in fitness, increase your energy, and love your life – one day at a time. It includes how-to information and guidelines, motivational quotes, weekly self-assessments, and journal pages to track your progress.

Available on-line, or at michellecederberg.com

Go BIG or GO home! It's a stupid mantra that helps too many busy, tired, overweight, uninspired people give up before they've even started. What you need is small steps to *M.E.S.H. for Health*. This book is a quick read to arm you with information and ideas to help you:

Move more
Eat healthier
Sleep better, and
Hydrate for health - even with a busy schedule.



Michelle Cederberg is a sought-after health and productivity expert, speaker, coach and author who wants you to lead a healthier, happier, more energetic life. She has Masters in Kinesiology, a BA in Psychology, a specialization in Health and Exercise Psychology, is a Certified Exercise Physiologist and Certified Professional Co-Active Life Coach. She truly combines mind, body, and practicality to inspire change!

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