



10 SIMPLE STEPS for a HEALTHIER, HAPPIER FAMILY TODAY

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We all know of several changes we could make, or habits to adopt to create a healthier family. The difficulty isn't in knowing what to do – but how to do it! At Life Refined Chiropractic, the most common questions we get from clients revolve around the application and routine practice of great health strategies. Because our desire is to have a profound impact on those around us – we've put together 10 Simple Steps you can implement in your family's routine to move you closer toward your family's version of 100% health and happiness!

1. MINDSET AND OUTLOOK AS YOU START THE DAY

Too often, a person dreads Monday and wakes up wishing they could go back to bed, rather than thinking about the possibilities and accomplishments the day holds in store. I'm not suggesting that there's a simple switch to flip to change this – but bringing awareness to the way these two different mindsets will guide your day might make you think twice! Maybe you start to change this simply by changing the song (or noise) your alarm clock wakes you up with. The day starts off much better with your favorite, energizing song! When I'm needing a pick-me-up, I like to leave my husband a note near the coffee pot, and knowing I just made his day better makes my day feel a bit better, too. Leave notes in the kids' lunchboxes, put a speaker in your shower and play your favorite tunes, or leave yourself notes of affirmation on your bathroom mirror. Start the day with the attitude you want to carry through it; because chances are, that's exactly how it will go!

2. USE THE BEST FUEL

One of the best ways to help everyone in the family fuel up for their day, is to ensure that the first meal is high in proteins and fats, low in sugar. In our house, the kids are fed breakfast right away when they get up, before we leave for school. If your house is like ours, even when well-planned, there's not a lot of time to fit everything in while keeping a smile on everyone's face! Our go-to breakfast takes 10 minutes. When we get to the kitchen, organic sausages go into the toaster oven, avocados are sliced and eggs are cracked into a skillet of coconut oil. By the time the sausages are hot, the eggs are done, and breakfast is served! Having a staple breakfast every day eliminates the question, "what's for breakfast?" and allows for a predictable routine as well as easy to remember grocery items each week.



3. PLAN AHEAD FOR HEALTHY WORK AND SCHOOL LUNCHES

In most cases, school lunches simply aren't the healthiest option. While packing a school lunch for your kids doesn't necessarily simply life, planning ahead can still make it quick and easy. It's worth the effort, as it can have a profound impact on the health of your child's immune system. Always include two staples; a protein and a vegetable. We all value the peace of mind knowing our kids are happy and well-fed. Involve your kids by letting them select their vegetable! Typical choices in our house are frozen peas, lima beans, or sweet potato fries. Make extra for dinner, and then pack leftovers directly into lunchboxes. One less step for morning!

4. POSTURE, MOVEMENT AND FUNCTION

Cell phones, workstations, even late-night computer work typically results in poor posture. Because of how posture and function are so directly related – poor posture can lead to improper movement and function quite easily. If you work at a desk, be sure your computer screen is directly in front of you, and keyboard pulled to the edge of your desk so you don't end up resting your elbows and slouching forward. Get up and move every hour - you can remind yourself with a simple alarm on your phone. Pay attention to the posture your kids have while watching TV or using other electronics, and encourage purposeful motion (exercise) often. Jumping jacks or a couple chores around the house during commercial breaks is good for everyone!

5. ASK QUALITY QUESTIONS AND GET BETTER ANSWERS

Years of experience directly working with families to reduce the negative impact of stress on their health and lives has led us to be abundantly aware of how big of a role mindset plays in this equation. Quite simply, happier people are healthier people! At the conclusion of your day, ask your kids, spouse or friends questions that promote positive conversation. For example, when picking the kids up from school, ask "what was the best part of your day?" When greeting your spouse as they return home from work, "what was your biggest accomplishment today?" When chatting on the phone with a friend or a loved one, ask "how do you hope to help someone this week?" Keep conversations positive, uplifting or solution-oriented, and free from gossip and gripes. In the end, you'll find improved and more meaningful conversation, as well as strengthened communication between you and your loved ones.



6. MEANINGFUL 10 MINUTES

Self-care often gets overlooked, or simply drops to the bottom of the priority list in favor of those things that seem more time-sensitive or urgent. Because of this, it's easy for this important part of a daily routine to disappear for days, weeks, or longer. An easy way to resolve this, is to set aside 10 minutes each day for yourself. Maybe you get up 10 minutes early and use the quiet before the rest of the family gets up. Maybe a more realistic option is using 10 minutes over lunch to step away from your desk and your cell phone. Take a 10-minute walk, spend 10 minutes in prayer or meditation, close your eyes at your desk and listen to music that makes you happy. If your 10 minutes needs to wait until the end of the day – be sure you consciously block off that time for interruption-free decompression which can help ease tension, improve patience, and your general sense of sanity and self-worth!

7. 3 SECONDS TO CHECK YOUR PERSPECTIVE

Make it the goal of every interaction and conversation you have that one or both parties leave feeling uplifted, with a problem solved, or experiencing positive connection or encouragement. There are simple ways this can be done – even a welcoming smile as you pass someone in the hallway could be the moment that changes the course of their day. As your family goes about their post-work and school routine, a quick hug or kiss on the cheek can set the tone for the family's evening. If a situation feels stressful, put it in perspective, take a deep breath and move forward. Most people will never ask for the help they need, and simply asking, "what can I do that might make your day just a bit better?" Often the intent and concern shown in asking that authentic question could be enough.



8. ESTABLISH GREAT ROUTINES AND HABITS

The key to any great health choice is making it a habit. For example, we all know it's a good routine to brush our teeth twice a day; after breakfast and before bed. Now while your routine might vary slightly from that – the fact is, you likely have a routine. And that routine doesn't have an end-date. You don't plan to discontinue your healthy habit of brushing when you turn a certain age, right? When you start an exercise program, it's necessary to participate in activities on a frequent basis over an extended period of time to get maximum results – and no one starts an exercise program with an end-date in mind. It should be no different for any other health habit; from healthy meal routines to drinking enough water, even to regular chiropractic check-ups to maintain optimal body function and health status.

9. SPEND QUALITY TIME

One of the key changes we made in our family when we moved into our new home, was establishing a dinner-routine. When it's time for dinner, everyone gathers at the kitchen table. This itself made a huge difference for our conversation as compared to us each pulling up a stool at the kitchen counter. We turn off the TV and all other electronics, and spend time having great conversation about our day. You don't need an activity-free evening, or even an hour to accomplish quality time. Five minutes with your spouse and/or kids before bed might be the small habit you implement in your home that has a lasting impact on communication and connection. Don't leave out quality time just for yourself! How many times have you wanted "just five minutes" to yourself? Make yourself a priority, too.

10. EXPRESS APPRECIATION

To appreciate something, by definition, is to recognize the full worth of, or raise in value. You can show appreciation in many ways, but the simplest and most profound is a simple but meaningful, "I appreciate you." Look the person in the eyes and take a moment to let them know, "you just made my day better." Often, a quick "thanks" in passing without eye contact or skipping a beat just doesn't have the same impact. Something more to consider, is expressing appreciation for yourself. Place high value on yourself, implement even a single strategy and you'll be operating at closer to your 100%.

The purpose of Life Refined Chiropractic is to radically reenergize our community and give an edge to those driven to live life at 100%

We know that chiropractic care allows your body to function closer to your 100%, and that it will enhance every positive health choice you make for yourself and your family.

How close are you, and what simple changes can you commit to that will drive you closer?

Enjoy
Drs. Nate and Staci



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