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EXPLANATION OF A NUTRITIOUS LIFE

Welcome. I'm Keri Glassman. And I am so excited that you're here to become a nutritious life-certified nutrition and wellness coach.

So when I began this journey of being a registered dietician, I knew that I didn't just want to educate people on nutrition alone. Because you know what? When it comes to living your most nutritious life and being your healthiest you, there's a whole lot more to consider than just nutrition and the foods you eat.

That's right it's not all about the food. So that's why I'm here to teach you eight different pillars that go into truly living a nutritious life. And you've got to listen carefully, because this is the foundation of this entire program.

When it comes to living a nutritious life, you've got to remember to consider all eight pillars of a nutritious life equally. They all work together. And as I'll explain to you, they all work together behaviorally and physiologically. And I am so excited to teach you all about it.

So let's walk through these eight pillars now. Drink up, eat empowered, live consciously, love more, nurture yourself, sleep deep, stress less, and sweat often.

When I started counseling people over two decades ago-- wow-- there was one thing that I said I was going to do from the very beginning, or rather one thing that I wasn't going to do. I wasn't going to educate people on diet and nutrition alone. And here is why.

I knew from personal experience and from many years of research that if you just learn what to eat, well, you know what, it's just not enough. There is so much more that goes into being a healthy human.

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Many of us know what to eat, but we're still not doing it. And there are many reasons why we're not doing it. Some of them are as simple as what I would call not living consciously. Live consciously is a pillar that we're going to touch on soon.

Here's an example though. You were totally motivated at the grocery store and you bought red peppers and carrots to snack on during the week. Come snack time, you open up your fridge, your fridge is a mess. And those carrots and red peppers are in a slimy green bag in the back of your refrigerator.

You're a little grossed out, so you close the fridge door and you grab a bag of chips instead. The problem-- you might think, well, duh, potato chips weren't nearly as healthy as the choice of the veggies.

But the bigger problem, you hadn't set yourself up for success. If you had set your refrigerator up for success when you got home from the store, the outcome probably would have been very different.

If you had sliced up those peppers-- I know it sounds simple, but just stick with me here-- and put them into a nice glass container, well then, when you opened up that refrigerator, you would have seen those red peppers looking beautiful.

And you know what? It might sound really, really corny, but you would have wanted to eat them more. You'd feel better, you'd feel more organized. And then you would have reached for those red peppers.

See? It's not all about the food. Living consciously and making that choice to prep those veggies can have a real impact.

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So let's take this example a step further. Imagine you've eaten the potato chips. And now you're sitting on the couch thinking, oh, I feel so lazy. I'm just going to have more potato chips, even though I know I really should be going to the gym. You end up skipping the gym and then feeling bad about it for the rest of the evening.

However, if you had eaten those peppers, you'd be feeling great perhaps. And you'd probably say, you know what, I'm going to go to the gym now. Even better, you'd say it with the attitude of, because I can, I get to go to the gym. I'm going to get that in because I feel great.

The healthy eating choice will help you flip your mindset from, I have to go to the gym, for example, to I get to. And then you know what happens? You sleep better that night because you were able to go to the gym and exercise.

When you exercise, studies show that you sleep better. When you sleep better, your hunger hormones are more in sync with actually wanting healthier foods the next day. When you don't sleep well, women actually eat on average over 300 more calories the next day.

A 2016 meta-analysis showed that sleep deprivation increased caloric intake by 385 calories the following day. So it all goes together. What you eat helps you feel better, lose weight, have more energy, sleep better, helps your skin look better, prevents risk for disease. It even improves your sex life.

When you then feel better, you continue to want to put better foods into your body. This helps you think better, feel better. You get it. See? It all works together.

Now back to focusing on the eight pillars of a nutritious life. The reason I'm spending an entire lesson on these eight pillars is because all of these pillars and the science behind them connect and are going to be the basis of this program.

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Or start with the drink up pillar. OK. I don't want you to make friends with the bartender and throw back a few right now. That is definitely not what I'm talking about.

I'm talking about why drinking and staying hydrated in the right way is critical to not only losing weight, if that's your goal, but to being more energetic and to just living your most nutritious life. In other words, it is a critical piece of your overall wellness.

When you're properly hydrated, your metabolism is at its max. It's actually been shown to be up about 3% higher than when you're not properly hydrated. When you're properly hydrated, you think more clearly.

Research has shown that dehydration corresponding to as little as 2% weight loss from fluids impairs cognitive performance, making tasks that require attention or memory difficult. You're actually going to understand what I'm telling you better right now if you're properly hydrated. So yes, hit Pause right now, hit Pause. If you don't have a glass of water next to you, hit Pause and go grab a glass of water or a cup of tea and come back, because you'll understand this whole lesson better if you're properly hydrated.

Here's more reasons why staying hydrated is so important. OK, so you don't mistake hunger for thirst. When you're properly hydrated, you don't mistake hunger for thirst. Simple.

Have you ever thought that you were really hungry, looking for a snack. And then you realized, wow, I was actually just thirsty. Well, maybe you didn't realize it at the time, but what was happening was that your body needed water, not food.

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The next time you're hungry and thinking, I just ate, how can I be hungry. Haven't we all been in that position? Have a large glass of water, and you just may realize that you weren't hungry after all. You were just thirsty. This is a very common mistake that many people make.

OK, so fatigue. Here's another question for you. Do you ever want to put your head down on your desk or take a quick nap around 3:00 or 4:00 in the afternoon? Again, I think we've all been there, right?

One of the most common reasons I find why clients are exhausted in the afternoon is not because they haven't slept well the night before-- although that may add to it too-- but simply because they're not properly hydrated. Staying hydrated boosts your metabolism, improves mental clarity, helps avoid mistaking hunger for thirst, and helps to improve your energy.

The eight cups of water rule which you've probably heard of-- I call it the eight by eight rule, meaning eight glasses of eight ounces-- is really more of a guideline/goal. Nutrition is personalized, and so is your hydration.

The exact amount you need is going to vary a little bit, depending upon how much you exercise, your environment, your gender, your height, and your weight. The 64 ounces is still a pretty good goal, however, for most people, which is why it can be a helpful tool. So think of it as a helpful tool.

So what should we drink? First, let's start with what we shouldn't drink. We shouldn't drink-- and this is probably not going to be a surprise to you-- soda, juice with added sugars, and diet soda. I'm sure many of you out there are with me on this one already, and already make this same recommendation-- to steer clear of these drinks. We're together on this, right?

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The problem is that our brains don't produce the same fullness signals when we drink calories as it does when we eat our calories. So we don't compensate by eating less of other foods later on.

I don't like diet sodas because they're loaded with artificial sweeteners. And we know that when you consume artificial sweeteners, you crave more sweets later on. There are many studies out there that show that diet soda drinkers are actually more overweight than regular soda drinkers.

There's also evidence suggesting that diet soda drinkers may have a slightly higher risk of high blood pressure. So soda, juice with added sugars, and diet sodas are absolute no-noes when it comes to drinking up.

Let's start with drinking plain old water. Plain old water-- simple-- with a squirt of 100% juice. This is an option too at times, although I really prefer straight up water with maybe a slice of lemon, a slice of lime, or even a piece of fruit. Again, you may already be doing some of these things, which is great.

So that slice of fruit or lime allows you to get the essence of the fruit without adding any sugar calories. I also love carbonated water. The only time I don't love carbonated water is if you have a tendency to be gassy or bloated.

Also, if you're constipated-- I found with many clients that the carbonated beverages work against them and makes this condition even worse. In that case, I say definitely only go for flat water.

We have a resource attached to this lesson on the difference between seltzer, mineral water, and all the different types of water. So check that out if you're interested in all of that.

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People also always ask me, does coffee and tea count as part of their eight by eight cups of water a day. Coffee and tea do technically count towards hydration. Think about it-- those drinks are mostly water.

Besides just being a delish way to start your day, they can aid in hydration when not over-consumed. So up to 500 milligrams worth of coffee, and the hydration benefits still stand. And that's, by the way, about five cups of coffee.

That's a lot. You probably shouldn't be getting to that anyway, but we'll have that conversation another time. I'm talking about hydration now. And up to 500 milligrams, you're still going to be benefiting from the hydration effects of coffee.

After that, the diuretic effects can come into play, but may not even be enough to have the dehydrating effects. Regardless, there's no need to go above the 500 milligrams.

So coffee and tea do contribute to hydration. But I don't like people to use them as part of those 64 ounces that I want them to get in. Think of your cup of Joe as bonus hydration. And herbal tea and green tea count towards hydration as well. I absolutely love herbal tea. Who's with me on this one? I know some of you are herbal tea lovers. I know it.

And I recommend also two cups of green tea per day to most people. But also, use these as bonus hydration-- herbal tea, coffee, and even some of the water volume in the food you eat adds to your hydration status and can help meet your fluid needs. But I still like to give people that goal of the eight cups because it is a good baseline goal.

Let's say someone actually needs eight and 1/2 cups and they aim for the eight, but they reach seven and 1/2. But they also have one cup of herbal tea. Well, then, that person has just hit their, quote, "perfect" hydration number.

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In the winter when people are cold, you can fill in a little bit with more herbal tea for hydration. But that goal of eight by eight is still important, again, just to have as a general framework or a goal.

Green tea, as I already mentioned, I love. I usually suggest people have two cups of green tea a day on top of their other fluid. But again, everybody is different. It is all personalized. If somebody is drinking six cups of water and two cups of green tea perfectly consistently each day, then that may be enough for them.

For someone else, it might not be enough. If someone is exercising and sweating profusely, they will likely need those full eight cups and more. So again, use the eight ounces eight times a day as a general rule, and then add in a couple of cups of green tea. And if you want to, supplement with some herbal tea, and that's great.

I always recommend clients purchase a 32-ounce water bottle. If you have a 32-ounce water bottle, you will fill it twice. And there you have it-- done, 64 ounces. You've reached your goal for water for the day.

It's just super simple to remind yourself to fill something twice. Buy a really pretty one, recommend clients buy a really pretty one. It's more motivating. Make sure it's BPA-free, stainless is what I like for my personal preference. I like stainless.

Or buy a glass one, put your name on it, maybe even design it if you're creative. Or just make sure you love it. And then you'll be super excited to have it by you by your side all the time. And it will be easy to drink up.

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Eat empowered. The next pillar of a nutritious life is eat empowered. What I mean by eating empowered-- I love the word empowered, by the way-- is that I want you to control your food and not let the food control you. That would be eating from a disempowered place if the food controlled you.

Often, people say, well, the food just looks so good. And I don't know, I just ended up eating the whole plate of fries. And what I always say back is, you are a living, breathing human-- the fries are not.

You control the food. Don't let it control you. You, watching this right now, you are all living, breathing humans. Don't let the food control you. You control the food. You get to make the choices and eat from an empowered place.

But it is much easier said than done, as we all know. I get it, believe me, I do get that. Believe me, I've been in those situations where the French fries or chocolate cake or, for me, it's really chocolate chip cookies, have totally taken power over me.

But it is a good reminder to people that you can decide to eat from an empowered place. And I'm so excited to talk to you about eating empowered throughout this entire program.

I want you to flip the switch with this concept of the food controlling you versus you controlling the food. When you think to yourself, I can eat blueberries instead of the chocolate chip cookie, I deserve to eat the blueberries and they're good for my skin and they're good for my heart health and they're good for my mind-- oh, and a byproduct might be weight loss and much better health-- you're thinking empowered and you are eating empowered. And you're motivated to eat well.

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A disempowered mindset would be, I can't eat the chocolate chip cookie, I have to eat blueberries. Chocolate chip cookies, nah-- I want you, blueberries. And that's how I want you to change your attitude. That last example would be eating empowered.

I know it sounds kind of silly when I say it now. But I'm telling you, if you put this attitude into your head, start thinking like this, you flip the switch and you will change your entire relationship with food. You'll feel empowered eating beautiful, healthy foods.

So instead of thinking to yourself, I'm going to have willpower and I'm going to give up sugar and I will use my willpower to do so, you will be choosing foods from an empowered, positive place. You will say, I can't wait to eat the naturally sweet blueberries.

Willpower, by the way, is all negative energy. And I am not about anything negative. Willpower is something we're going to discuss more later on in the program too. But just so you know, I am not a fan, it's all negative energy.

It doesn't make you happy. And guess what? It also doesn't work. I want you to have positive energy. So think to yourself, I can eat those blueberries.

And if I really want a chocolate chip cookie, I can eat that too because I can eat it and feel in control eating it. And it'll be all good and I'll just move right on to my next meal after I enjoy each and every bite of it. Be an empowered eater.

Another component to empowered eating goes deeper into what you are actually going to eat-- what you're going to eat for energy, for brain health, for strong bones, and balanced hormones. And we're going to get way more in depth on all of that, especially when it comes to protein, carbs, and fats, including essential fatty acids and vitamins and minerals. And we'll also go into supplements.

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But as far as you need to know right now with the nutritious life philosophy, it's all about eating empowered. You got this. I know you do. And I know you're going to do an amazing job helping others eat empowered as well.

Next up, live consciously. OK, I want you to close your eyes and visualize your fridge. Seriously, close your eyes right now. OK, close them. I'll close mine for a second.

OK, are you visualizing? What do you see? Think about your refrigerator. What does your fridge look like?

Any gorgeous veggies in there? Maybe you want to share them with me? Any wonderful apples in there, maybe a spinach salad? I hope what you're visualizing looks pretty. And I hope it looks clean and organized.

OK, so now don't feel bad if it's a hot mess with leftover containers and takeout containers and vegetables about to go rotten in slimy green bags. We've all experienced a mess of a refrigerator at some point. I've definitely been there.

Why am I getting you even to think about this right now, though? What am I talking about? What could this possibly have to do with living a nutritious life and being healthy?

It does. Stick with me here. I promise you. It all relates to the pillar, living consciously.

So here's another example. Your desk space is part of living consciously too. Living consciously refers to the environment around you-- your actual environment, your bedroom, desk space, kitchen, office, even your car.

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And it also refers to your actual environment of your body. What are you putting in and on your body? What lotions and creams and serums do you put on your skin. It also refers to the world around you and the air that you breathe.

Let's break each of these areas of living consciously down a bit. Your personal spaces-- when you keep your world, as in your spaces, clean and organized, you're more efficient, you're less stressed. You're more likely to make healthier choices.

Yes, I know, it might sound crazy, but it's true. One study showed that 80% of people think that they have a cluttered home. And for 40% of those people, they say that it causes them genuine stress and anxiety.

Another found that mothers who described their home as cluttered had stress hormone levels that indicate chronic stress. They also tended to feel depressed more often. We'll get into stress more soon. But you probably already know that stress isn't healthy. And it can cause you to make poor food choices for a multitude of reasons.

One study found that participants in disorganized and messy kitchen environments ate twice as many cookies as those in an organized kitchen environment. That's what I'm talking about with living consciously and why I brought up that refrigerator. All that clutter might even contribute to weight gain. People with extremely cluttered homes were 77% more likely to be overweight in one study. So having a clean, clutter-free environment, and making sure that your environment from your refrigerator to your closet is organized and set up in a way that makes you feel good about your world, is going to help you make better and healthier choices.

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So think about a clean closet. When you get up in the morning and your closet is clean and you have no trouble picking out an outfit, don't you just start your day in a better mental place? All of those things make for a healthier, more nutritious life. It might sound silly, but it's true, which is why I just gave you some examples of these studies. So clean out your closet, save those few minutes in the morning for making a healthy breakfast, have a glass of water. And I promise you you're going to be living a more nutritious life.

Your body. I don't need to tell you that what you put in and on your body is going to have dramatic effects on your health. I know you know that. But as far as this all relates to living consciously, let's narrow in on a couple specific points.

What you put in your body. When we talk about this as it relates to living consciously, we're being aware of how our food is produced. What soil does it come from? How far did it travel to get to us? What is the carbon footprint? What unnecessary and/or unhealthy chemicals are in that food?

Later in the program, we'll talk about obesogens and how they can disrupt your endocrine system. This isn't to scare you about all the things we need to think about, but it is to get you to be aware.

For some people, you'll just try to get them to eat green veggies. For someone else you'll have the luxury of zoning in on the farm that their food came from. Remember, everyone is an individual starting at a different place.

So what about what you put on your body? It doesn't just stay on the surface. The skin is one of the largest organs of the body. And the substances we put on our skin ultimately make their way into our bloodstream, affecting our overall health.

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Each day, American women use an average of 12 personal care products that contain-- get this-- 168 different chemicals. A few of these have been linked to serious health problems, like cancer, reproductive and neurological harm, and even developmental delays. So being more aware of what we're putting in our bodies indirectly through our skin is just one more piece of the puzzle you can consider when trying to help your clients live more consciously.

The air you breathe also plays a critical role in your health. Not to be a downer-- I don't want to be a downer, I definitely don't, but we've got to stay aware here-- the World Health Organization estimates that outdoor air pollution accounts for more than four million deaths annually by contributing to strokes, heart disease, lung cancer, and chronic cardio-respiratory diseases.

About 91% of the world's population lives in places where air quality exceeds the World Health Organization guidelines. Air quality is impacted by things like burning fossil fuels and industrial production of cars, waste incineration or the burning of trash, and energy use to cook and heat our homes. Air can also contain mold, dust, pollen, and bacteria that can impact our overall well-being.

Luckily, there are a number of things you can do to clean up your air, the air that you are breathing. Try using an air purifier or dehumidifier to remove water-soluble pollutants. Add a little greenery with air purifying indoor plants. I love plants-- I'm sure I've got a lot of plant lovers out there. Open the window when you're cooking. I'm sure you know this, but many clients might not know that. It's a good little tiny tip to share. And opt for eco-friendly cleaning products.

And remember, all of these things that I just discussed with living consciously aren't just helpful for you-- they're helpful for the world at large. And that's all part of living consciously.

OK, let's move on to love more. The love more pillar is a little bit, well, a little bit sex ed, a little bit of connecting with others, a little bit of loving yourself. So let's start with the sex part. And

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I'm no sex educator, but the reason I even talk about sex at all as part of a nutritious life is because, well, it makes many people happy. Yes.

But not just that. It's really truly part of living a nutritious life. So here's the scoop on that. It's all about-- one of my favorite words-- oxytocin. Oxytocin is known as the calm and connection hormone. Oxytocin is actually a hormone and a neurotransmitter that is involved in childbirth and lactation, and is also associated with sexual activity, empathy, trust, and relationship building. It's pretty powerful.

It is produced in the part of the brain called the hypothalamus and plays a role in female reproduction and childbirth, as I just mentioned. It also plays a role in social interaction and connection. It impacts bonding and feelings of trust.

Research tells us that it can play a role in stimulating social interaction and behaviors, and also the calm or anti-stress feeling you may have after that interaction. This may be why it also impacts group memories. It's fascinating. It has actually been referred to in research as oxytocin-- the great facilitator of life.

But there's more oxytocin also acts as an inflammatory compound. Remember I just said it was an antioxidant? So it has anti-inflammatory effects. This is why oxytocin contributes to overall health.

We'll go into much more detail on antioxidants and anti-inflammation later on in the program. Don't worry right now if you're not familiar with all of this. I just want you right now to understand that oxytocin can act as an antioxidant. So just remember that for the moment. We're going to get way more into antioxidants and anti-inflammation soon.

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You boost and release this hormone, oxytocin, by, yup, having sex. I told you we're going to talk a little bit about sex. But you also do from hugging, from skin to skin contact, good quality conversation-- how amazing is that-- yoga.

Some research says you release oxytocin even from listening to music. Have you ever thought about that when you listen to a song and it just automatically it comes on the radio and you just get these good vibes? It's oxytocin.

Spending time with your animals also can cause you to release oxytocin. Giving and getting a massage also.

And get this one-- cooking together. I love this one. Cooking together-- yes, cooking together releases oxytocin. So if that doesn't pull all of these pillars together, I'm not sure what does. I love that about cooking and the oxytocin connection. So love more is all about connection. And yes, that is even truly good for your health.

The next pillar I want to talk about is nurture yourself. No, I'm not going to tell you that you and all of the people you coach should just go and get a facial. And then you're magically going to lose weight and be your healthiest self. But then, again, I'm sort of going to tell you that. So here's why-- nurturing yourself, taking care of yourself, what many people call self care, is absolutely critical. Critical to weight loss and critical to being an overall healthy and happy person. We've all heard it before on every airline we've ever been on-- you need to secure your own oxygen mask before you can help others. You need to take care of yourself first before you can help others.

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So as obvious as this sounds, it can be hard for so many people to do this I know it's hard for me to fit this in. This is the pillar that's often the hardest for so many people. Like I said, including myself, and for many, many clients to incorporate.

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Sometimes I can almost see the words-- take better care of yourself-- bounce right off of them in my office when I say that. Some think they're too busy. Some think self-care means incurring expenses that they can't afford. And others, I suspect, think everyone else in their lives is more deserving of their TLC than they are.

But I'm convinced no one can up their health game and/or lose weight prevent disease, if that is the goal, without mastering the basic idea of nurturing-- nurturing yourself. Nurturing yourself doesn't have to be that expensive facial at the spa. It does not have to be that.

It can also be using a new face mask at home and lying down and breathing while you let it set. Throwing some new bath salts into the tub, or just some Epsom salts into the tub, turning on your favorite Spotify playlist that brings back good memories, giving yourself a good dry brush session, showering and using a combo of coconut oil mixed with your own moisturizer.

You get it. You can do this and you can help clients come up with their own nurture rituals and ideas. Often, people have gained weight over the years because they translate the words. Be good to yourself, you deserve it. into, oh, I can splurge on this. I've worked so hard this week. I was such a good person today. I'm going to go indulge in that big piece of cake.

But taking care of yourself is actually doing what is truly good for you. It's not I work so hard I deserve a plate of fries. It's, I work so hard I deserve to make my body feel good, whatever that means.

Without putting yourself first, it's practically impossible to eat empowered, because you're constantly treating yourself with quick fixes, like foods that sabotage your health goals instead of supporting them. Oftentimes, we take care of everyone else around us-- making beautiful meals and snacks and getting everyone else supported. And then we end up grabbing the quick fix snack.

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When you don't take time to nurture, you go for those quick fixes. Prioritizing self-care also makes it possible for you to manage your stress better. We're going to talk about stress, but I'll tell you here and now. Stress is not good for your health.

And you may know this, but I really want you to soak that in, because we've got to start making changes there. It doesn't help you make healthy choices. You get how all of this is connecting together, right, how all of these pillars are working together, right? OK.

Plus, nurturing yourself also can transform your relationship with exercise too. Once you get down the true meaning of the word nurture, you'll no longer head to the gym for stern punishment, but you'll find ways to work out that can both energize and calm you, flooding your brain with those feel good hormones.

And we know that when you feel good, you want to eat well. You want to continue to take care of yourself, and the cycle continues.

I think you're starting to understand how all of these pillars, all of these eight pillars work together from a physiological and a behavioral standpoint. I want you to remember that. All of these eight pillars-- and we've talked about a few of them so far-- work together from a physiological and behavioral standpoint.

All right, let's move on to sleep deep. The next pillar of a nutritious life that I want to talk about is one of my favorite topics. I think they're all my favorite topics, but I really like sleep. It feels so good to sleep well, doesn't it? There's a reason why. When you sleep well, you're actually protecting yourself from disease.

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Think about that. When you sleep well, when you have those beautiful night's sleep, you're protecting yourself from disease. Doesn't that just feel good and motivating to want to get a good night's sleep?

By the way, there's a bonus-- G-E-L, Guest Expert Lesson-- with my friend Dr. Michael Bruce, also known as the sleep doctor in unit 2. You definitely don't want to skip that.

OK, so when you sleep well, your body and brain have a chance to recover from the stresses of the day. This is why sleep is so important. Your body starts repairing muscle, organs, and other cells, and bolsters your immune system.

The lymphatic system, essentially the brain's plumbing system-- I'm so fascinated with this, by the way-- goes to work cleaning out toxic waste proteins when you sleep. Adequate sleep protects your waistline too. And you just feel good when you sleep well.

You're more motivated to eat well. You want to go to the gym. You're happier when you sleep well.

Women who sleep seven hours a night as compared to getting less sleep are 33% more likely to maintain weight loss. When you sleep six hours versus the seven or eight recommended amount, you are 23% more likely to become obese. When you sleep six hours, you are 50% more likely to become obese. And that number goes up from there.

So sleep is absolutely critical to helping you live a nutritious life. When you don't sleep well, it's obvious, right. You just don't feel like yourself. You're just not on your game. Less sleep means less time for your body to repair, restore, and utilize all of those beautiful nutrients that you've consumed during the day.

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So think about it. You put all these beautiful foods into your body during the day and you do all these good things for your body, but your body goes to work at night. Think about it like that. You eat good during the day, you eat these beautiful foods, and then at night your body goes to work. That's simplifying it a little bit, but I think you get it.

You're also probably going to be hungrier the next day when you don't sleep well. Sleep plays a vital role in regulating hormone levels, including those that are integral to hunger and appetite. When you don't get enough sleep, the body makes more ghrelin, the hunger hormone that increases your appetite. And it makes less leptin, the hormone that signals that you're full.

Cortisol, the stress hormone, is also higher when you don't get enough sleep, which can increase appetite as well. So we might find ourselves reaching for some extra snacks the next day when we haven't slept well.

And not only are you hungrier, but you actually crave the worst types of foods. And I'm sure you can remember a night where you slept terribly. You probably didn't crave your super egg scramble with broccoli in it the next day. The foods you tend to choose when you're tired are the ones you think are going to give you immediate energy, even subconsciously.

But instead, those cookies or that big bowl of pasta cause you to have a blood sugar spike, and then crash. You want that big bagel or sugary sweet muffin when you're sleep deprived. But it usually doesn't have a good outcome.

That's part of why poor sleep starts that whole vicious, unhealthy cycle. Remember, we want to flip that cycle around and start a good snowball effect, starting with a good night's sleep.

I tell all of my clients, just like they give their kids a bedtime, they need to give themselves a bedtime. This is just as critical as what you eat. This is all part of good sleep hygiene.

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EXPLANATION OF A NUTRITIOUS LIFE

Now, does that mean if you say, I want to go to bed at 11 o'clock every night and you're on the phone with a friend, you just hang up mid-sentence, just click? Or, you can't ever stay up a little bit late watching a movie? Of course not. You don't have to be perfect with any pillars of a nutritious life every single day.

But having a goal of going to bed, let's just use the 11:00 PM as an example, is something that will help you stay consistent. And consistency with all of the pillars of a nutritious life is so critical to maximizing its greater benefits.

So if you say, I'm going to get into bed at 11:00 every night. Well, then at 10:30 maybe you take off your makeup, wash your face, brush your teeth, start winding down, and turn out the lights, whatever your individual that routine is.

You maybe will even jot down a few things that are stressing you out so that you don't think about them as you're going to bed. I love that tip. This will help you kind of brush aside those worries, put them to bed-- night-night, worries-- and you'll sleep better. You can go back to them in the morning.

All of this as an example of practicing good sleep hygiene. You want to give yourself time to actually get into that sleep mode. Otherwise, you might just be laying there at 11:00 with the TV on, mindlessly scrolling through social media, missing out on winding down time and really not getting into sleep until well after midnight, resulting in poor or restless sleep overall.

You need to practice good sleep hygiene, which starts with having a goal bedtime, and then also incorporating things like winding down, lighting perhaps a lavender candle, or just having some aromatherapy in the room, shutting down the lights or dimming them, turning off the TV, writing down a few things that are bothering you so you can, like I mentioned before, put them aside mentally so you can get into better sleep faster.

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There's so many other things you can do as part of your sleep hygiene. What's most important is that you find this for you and you do this and help clients do this for themselves. I promise you, you're going to feel better the next day. And I promise you, you're going to end up being healthier and also wanting to be healthier and more motivated. You'll be more motivated to continue with all of your wonderful, healthy habits.

Stress less the next pillar of a nutritious life that I want to talk about is stress, something that we are all way too familiar with. 75% of the general population experiences some form of big stress every two weeks. I'm sure you can all relate.

I live in New York City. I would say that that number probably is every day. I see people stressed out left and right. 75% to 90% of doctor visits are related to stress. And only 23% of people think they're managing their stress well.

When we're stressed, whether it be from a work deadline, paying bills, or taking care of family, our brains activate the fight or flight response and a surge of adrenaline and cortisol, the stress hormone, is released. Adrenaline is responsible for increasing your heart rate, elevating your blood pressure, and boosting energy supplies.

Cortisol will increase sugar in the bloodstream and curb functions that are non essential in a fight or flight situation, like digestion, immune function, and growth processes. As a result, frequent stress contributes to a whole host of issues. Research has linked stress hormones to cardiovascular disease, digestive problems, fatigue, and reduced immune function.

They also put you at risk for depression. So yes. Heart disease, GI issues, feeling exhausted all the time, and even mood, sadness, and depression can be an effect of stress. We'll go much more in-depth on all of this later in the course.

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EXPLANATION OF A NUTRITIOUS LIFE

So top line here-- what do we need to do to help reduce our stress? We need to manage it. I know, easier said than done. What I always tell people is, I can't take away all of your stress. That would be really awesome if I could. I know, but I can't. Sorry.

However, I can-- and you can to-- help people control it. Controlling stress is important because on top of all of the other health issues that result from stress, you're also more likely to emotionally eat when you're stressed.

What happens Then this causes even more stress. Cortisol also causes you to gain weight in your midsection-- the worst place, the most dangerous place to gain weight.

One tip I suggest for everyone, and you can even do it right now, breathe in for a count of eight, hold for a count of eight, and breathe out for a count of eight. You can even press Pause right now and give it a try.

I always recommend that people do this for about eight minutes a day, but even four minutes is fine too. You can even start with two minutes. That alone can decrease stress and the effects of stress. And it can be that one thing that just triggers a whole wonderful cycle of a nutritious life. So remember how I said I can't take away all of your stress, I wish I could? By doing things like this, by learning your breath and by doing other things to manage your stress, you might not take away that big stressor in your life, but you can manage the damaging effects of stress. And that's how you can help yourself and you can help others.

So if you don't try anything else today to manage stress, try that one thing. And if you're working with clients already too, tell all of them to do it too. It may not take away the actual cause of the stress like I mentioned, but it will decrease the effects, which can have a dramatic impact on your life and your health. It'll help your clients sleep better, feel better, and may just be that one spark that gets them and you to live a more nutritious life.

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EXPLANATION OF A NUTRITIOUS LIFE

OK, sweat often, our next pillar. On to sweat often, otherwise known as exercise. It's probably no surprise that it's one of the pillars of a nutritious life. Diet and exercise, as many of you know, go hand in hand. They are both super important.

However, one of the biggest mistakes people make is that they think, oh, I exercised, I can eat this. In fact, I exercised a lot today, so I can eat even more of this.

We all know by now that is just not true. About 80% to 90% of your weight is related to what you eat, not how much you exercise. Even if you had a perfectly healthy day, you had your eggs and avocado at breakfast and your spinach salad at lunch and grilled salmon and asparagus at dinner-- wow, this day sounds really good, right. But then you say, well, you know what, I exercised today so I'm going to have this piece of cheesecake. I've eaten so healthy today. About two bites of that cheesecake will just squash all that exercise. That is so often what happens with exercise. Not only do you get hungrier from exercise, and this can actually make it even harder to sometimes eat well if you don't know how to increase nutrients properly, but you think, oh, I exercised, I can eat more.

You just can't do it, you just can't, which is why I always say that exercise and diet together is a very difficult dance. Because when you do exercise, you do get a little bit hungrier and you have to learn how much to fuel yourself without overeating the amount that you've just burned. Now side note, that's not to say that there isn't a time and a place for that indulgence. There is a time and a place for that conscious indulgence. But I'm just talking about here in terms of exercise and food. It is very easy to eat what you have just burned. But there's lots of other benefits of exercise that we're going to get to. So I just wanted to make that point because many clients make this mistake.

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This is something we're going to cover a lot more later on in the course, but I want everybody to be aware of how exercise plays a huge role in a nutritious life. It may sound like I'm a little bit of an anti-exercise here as I'm belittling its importance.

But I'm not. I'm just saying how easy it is to outweigh it with food. But I assure you, I'm an absolute fan of exercise and the multitude of benefits that go along with it. I'm an exercise junkie. I love to exercise.

And there are many reasons to exercise other than just burning calories. I want you to focus on that. First of all, exercise makes you feel good. You release those feel-good hormones, like endorphins, dopamine, and serotonin that boost your mood.

And you know what that does? Not only do you just feel happier-- come on, we've all felt happier after we've exercised. Even if we weren't in the mood to exercise, you just feel happier after. But you then actually want to continue to eat better.

Also, when you exercise, you increase your muscle mass. Muscle mass is more metabolically active than fat mass. So that means when you're sitting on your tush and watching a little TV at night, if you have more muscle mass, you're going to be burning more calories. Exercise also fights depression. It improves our immune system, prevents cardiovascular disease, and improves bone health too. So there are so many reasons to exercise.

Oh, also, it helps you sleep better. And I've already talked about the benefits of sleep. Research shows that exercise can improve sleep quality and reduce the length of time it takes to fall asleep. So exercise and sleep also go hand in hand.

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EXPLANATION OF A NUTRITIOUS LIFE

One study of older adults with insomnia found that just 30 minutes of aerobic exercise four times a week significantly improved measures of sleep quality, time to fall asleep, and sleep duration. And you know how much I love sleep.

Again, we've already talked about that. So if you exercise, you sleep well and you're likely going to be better the next day, and just be happier and healthier.

As you can see, there are so many reasons to sweat often. The key to reaping the benefits is to be consistent. Don't say, OK, I'm going to start exercising and I'm going to become an exercise fanatic. I'm going to exercise seven days a week.

If you haven't been able to even fit it in once a week, and you've got two jobs and three kids, come on, it's probably not going to happen. And then you're not going to feel great.

You need to be consistent with your goals. Have goals, make them a little bit difficult to reach, but don't make them so difficult that you're setting yourself up for failure. Consistency is key here. Schedule in those exercise appointments just like doctor's appointments.

For me in my life right now, I aim for four days a week. I used to exercise six days a week. But it just doesn't happen anymore. In this moment in time in my life, I aim to do four days. And I get in those four days.

I'm consistent and it works. And guess what? Sometimes I get in five and I feel like a rock star. The next week I may even get in three.

But the point is that if I don't hit those six or if I don't get it in every single day, I don't say, oh forget it, I'm just not exercising anymore. The goals are realistic.

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EXPLANATION OF A NUTRITIOUS LIFE

That's something that is way too common that happens. People set unrealistic expectations, then throw in the towel when they don't reach their goals. So you, as a coach, you want to help people make realistic goals that they can be consistent with, and exercise consistently, and also understand that there are many other reasons to exercise other than just burning calories.

Because, here's the other thing-- if you exercise for its benefits as well as having a great goal, wanting to run faster or climb higher, you know what happens? You're going to be more motivated.

So think about signing up for a 10K or a 5K and go for it. Put it in your calendar as a goal, so you feel good about exercise for exercise sake and all of the wonderful benefits I just talked about, not just, oh, I want to lose weight. You want to exercise for the bigger effect it has on, yes, your weight too, but, more importantly, your entire nutritious life.

Remember, flip that mindset. You don't have to exercise-- you get to exercise. So there you have it, the eight pillars of a nutritious life-- drink up, eat empowered, live consciously, love more, nurture yourself, sleep deep, stress less, and sweat often.

I am so, so excited that you're on your way to becoming a nutritious life certified nutrition and wellness coach. And we've only scratched the surface of everything that's ahead in this program. I can't wait for you to use all of this education in your own life as well as share it with your clients and friends and family because the very best teachers are doers. Now go, live, breathe a nutritious life, and share it with everyone around you.