



7-Day WELLNESS QUICKSTART GUIDE





WELCOME TO THE 7-DAY QUICKSTART!

Transforming your health doesn't have to be difficult, especially when you change your habits a little at a time!

In this free eBook, we will be covering all the ways you can jumpstart your health and wellness journey in just 7 days!

Each day, we will focus on a new wellness topic, so you can start your transformation without feeling overwhelmed.

While this challenge can be completed in as little as 7 days, you can, of course, take all the time you need.

Remember, I'm always here to support you on your journey, along with the wealth of information [on the blog](#)!

Want more personalized support? Join our [free Facebook support group](#) just for the Sarah Blooms community!

Please don't hesitate to [reach out](#). I'm here to help.

Sarah xoxo

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MEET THE COACH

hi there!

My name is Sarah Flowers. I'm a Holistic Health Coach and creator of [SarahBlooms.com](https://www.SarahBlooms.com) where I share my favorite health, nutrition, and fitness tips to help you live your best life, naturally.

After struggling with eating disorders and obesity, I have finally found an easy and natural way to regain my health and stop emotional eating for good!

You can learn more about my journey to wellness [here](#).

While it took me almost 20 years to get my health back on track, I don't want you to suffer like I did.

That's why I created my proven fast-track system that will help you regain your health, lose weight, and feel amazing in no time!

This 7-Day Quickstart will get you started.

Sarah xoxo



Transforming your health
doesn't have to be
difficult, especially when
you change your habits a
little at a time!

i can show you how

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10-DAY JUMPSTART CHECKLIST

DAY 1



Write down your health and fitness goals



Start tracking your progress

DAY 2



Calculate your daily water requirements



Stay hydrated

DAY 3



Aim for at least 7-8 hours of sleep per night



Get sleep tips to help you reach your goals

DAY 4



Lose weight and feel amazing with our No-Hassle Nutrition Plans



Choose a meal plan that works for you

DAY 5



Explore fitness plans that fit your lifestyle



Get moving

DAY 6



Learn why self-care is just as important as fitness and nutrition



Get started with my free No-Fuss Self-Care Guide

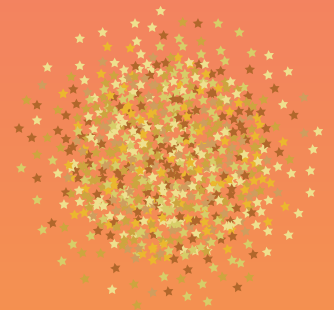
DAY 7



Learn how toxic chemicals may be affecting your health and weight



Create an easy detox plan for you and your family



**CONGRATS
YOU DID IT!**



DAY 1

TRACKING

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Studies show that tracking your health and fitness can help you reach your goals faster.

Recording your daily nutrition, water intake, and exercise can help you stick to your plan and lose weight more quickly.

The format you use for tracking is truly up to you.

If you prefer the old fashioned way - paper and pencil - use a journal or the printable pages in this eBook.

A little more tech savvy? Try a phone app or website. My favorites are [Fitbit](#) and [Cronometer](#).

In addition to your daily nutrition and activity,

you should include your goals, mindset, measurements, and weight, so you can review your progress over time.

While trackers have many benefits, you may find that health tracking isn't for you if you become obsessive with the practice of recording, or if you're recovering from an eating disorder.

If you find yourself falling into unhealthy patterns due to tracking, weighing yourself regularly, etc., you may want to scale back or stop tracking altogether.

If you need any additional support, please don't hesitate to [reach out](#).

MEASUREMENT TRACKER

Measure and record your goals, weight, and inches below to track your progress.

GOAL

--

WEEK _____

MEASUREMENTS

LOSS/GAIN

WEIGHT	
NECK	
ARMS	
CHEST	
WAIST	
HIPS	
THIGHS	
CALF	

WEEK _____

MEASUREMENTS

LOSS/GAIN

WEIGHT	
NECK	
ARMS	
CHEST	
WAIST	
HIPS	
THIGHS	
CALF	

MY GOAL IS...

WHY IS THIS GOAL IMPORTANT?

STEPS TO TAKE

-
-
-
-
-

THREATS

RESPONSES

DEADLINE

MARK AS COMPLETE

TOP 10

HYDRATE

Drink at least 9 cups of water every day and more if you sweat when you exercise

FATS

Enjoy healthy whole fats like avocado, nuts, seeds, coconut oil, and olive oil in moderation.

R SLEEP

Get at least 7-8 hours of sleep every night.

SUGAR

Reduce or eliminate refined sugars.

E VEGGIES

Load up 1/2 your plate with delicious, low-starch veggies

CAFFEINE

Reduce or eliminate caffeine intake, or switch to healthier sources like green tea.

K FRUITS

Aim for 3-5 servings of whole fruits per day.

MOVE

Do some sort of physical activity every day.

C PROTEINS

Fill 1/4 of your plate with healthy proteins, such as eggs, lean meats, tofu, and beans.

HABITS

Break bad habits like smoking and excess alcohol consumption to improve your health and prolong your life.

A

R

DAY 2

HYDRATION

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Drink at least 9 cups of water a day. Add more if you sweat or eat salty foods.

Hydration is extremely important to your health. Thankfully, drinking enough water is one of the easiest ways to improve your health.

Why should you drink more water?

Drinking more water can make you feel healthy and energized, aids digestion, improves immunity, clears and hydrates skin, reduces hunger, helps you lose weight, and more!

How much water should you drink?

If you do a Google search for this question, you'll see that most experts can't agree on recommendations for water intake.

I've seen recommendations from the standard eight 8-ounce glasses of water to a gallon of water (and even more!) per day.

The National Academy of Medicine recommends science-based daily total water intake amounts.

Since 20% of that total comes from food, here's the 80% we need from fluids:

- Women: 9 cups
- Men: 12.5 cups
- Pregnant women: 10 cups
- Breastfeeding women: 13 cups

If you sweat a lot during your workouts or eat a lot of salty foods (not recommended), you



may need to increase that amount.

You want your urine to be clear with a slight yellow tinge to it. If it's bright yellow, you're not drinking enough water.

Do other liquids count?

That depends on who you ask. I've seen nutritionists say that any liquid, including diuretics like coffee and tea, should count toward your daily water consumption.

Since tea and coffee have a diuretic effect (i.e. can make you lose water through urination), I recommend only including water in your daily hydration totals.

By limiting caffeinated drinks and replacing them with water, you can cut a significant number of stimulants from your daily routine.

Many people report more energy by simply replacing coffee, tea, and energy drinks with water throughout the day.

The choice is yours, but to ensure I get my daily water requirements, I only count water and think of other liquids as a bonus.

5 QUICK + EASY WAYS TO DRINK MORE WATER

Especially if you don't drink much water now, you may find it difficult to get your daily recommended water intake every day. The following tips will make the whole process a lot easier.


1. Keep a jug of water in your fridge to ensure you have ice cold water on hand at all times.
2. Add fresh or frozen fruits like berries, lemon or lime juice, or citrus fruits to your water to add a little sweetness and flavor without a lot of extra calories.
3. Carry water in a [reusable bottle](#) with you wherever you go, so you won't be tempted to grab a soda or latte when you're out and about. Bonus: You'll save money refilling a reusable bottle with tap water versus buying bottled water or soda.
4. Drink a tall glass of water before every meal. This will ensure your hunger isn't just dehydration and will help you eat less.
5. Can't go without your favorite sweet drinks? Dilute sugary drinks like fruit juice and sweetened ice tea with water and ice. This can help you wean yourself off sugar and get used to drinking plain water.

DAY 3

SLEEP

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Lack of sleep can cause a host of health problems, including reduced brain and cognitive function, weight gain, heart disease, diabetes, stroke, and more!

Most adults need at least 7-9 hours of sleep per night, but the majority of Americans are not reaching that goal.

Lack of sleep can have serious effects on health, including reduced brain and cognitive function, weight gain and obesity, heart disease, adrenal fatigue, autoimmune diseases, diabetes, stroke, decreased sex drive, reduced work performance, increased accidents, and much, much more.

7 WAYS GETTING ENOUGH SLEEP CAN HELP YOU LOSE WEIGHT

In addition to improving your overall health and just plain making you feel better, getting enough sleep every night can also help you lose weight.

How? Here are the top 7 ways getting more sleep can help you lose weight.

1. Lack of sleep is a major risk factor for weight gain and obesity.
2. Poor sleep can increase your appetite.
3. Sleep helps you fight cravings and make healthy choices.
4. Poor sleep can increase your calorie intake.
5. Poor sleep can lower your resting metabolic rate (RMR), the calories your body burns while at rest.
6. Sleep can improve physical performance, making workouts easier and more productive.
7. Sleep helps prevent insulin resistance, a leading cause of weight gain and type 2 diabetes.



But what if you can't get the recommended 7-9 hours of sleep every night?

Luckily, there are some easy and effective holistic ways to improve your sleep.

5 EASY WAYS TO GET MORE SLEEP

If you're having trouble getting enough sleep every night, try these quick and easy sleep tips that will help you wake up feeling energized and refreshed every day!

1. **Unplug an hour before bedtime.** One of the leading causes of sleep problems is our access to blue light sources late at night. Blue light is the light emitted from electronics like cell phones, TV's, computers, and tablets. Use of these devices before bed can cause sleep disturbances, which is why I recommend unplugging at least an hour before bedtime. Read a book, and drink some tea to unwind and get your body and mind ready for rest. Can't unplug? Dim your screens, and wear [blue light blocking glasses](#) every evening. If you already wear prescription glasses, ask your eye doctor about blue light coatings for your lenses.
2. **Stop drinking caffeine at least 6 hours before bedtime.** One study found that caffeine can disrupt sleep up to 6 hours after consuming it, causing an hour or even more in lost sleep!

3. **Decorate your bedroom in soothing colors.** Calming hues in muted shades of blue, green, and pastel will have a calming effect and help you sleep. If you really want some bright colors in your bedroom, limit the colors to accent items like small pillows.

4. **Stop sleeping with your pets.** I am definitely guilty of this! While I love sleeping with my dogs and cats, I have to admit that they often wake me up during the night. Give your pets a separate space, such as a crate or cozy bed of their own.

5. **Avoid eating too close to bedtime.** A big meal before bed can increase your body temperature (we tend to sleep better at cooler temperatures) and make you uncomfortable as you try to fall asleep with a very full stomach. Foods that don't digest well, such as dairy, orange juice, and processed foods, may cause heartburn, indigestion, and upset stomach that might interrupt your sleep.

Want more helpful sleep tips? Check out the following posts on the [Sarah Blooms blog](#)!

[10 Warm and Comforting Herbal Tea Recipes to Improve Your Sleep Naturally.](#)

[20 Quick and Easy Bedroom Tips for Better Sleep Tonight](#)

[25 Proven Sleep Tips That Will Change Your Life](#)

DAY 4

NUTRITION

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The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

- Thomas Edison

When we look at the health and obesity crises in the U.S. and other developed countries, the #1 problem is arguably nutrition.

Our dependence on processed and junk foods is quite literally killing us, yet our consumption of these foods continues to grow!

We know the foods we eat aren't healthy for us, but we still keep sabotaging our own health and happiness.

Don't worry, I'm not judging you. I get it. Before I discovered Integrative Nutrition, I was right where you are.

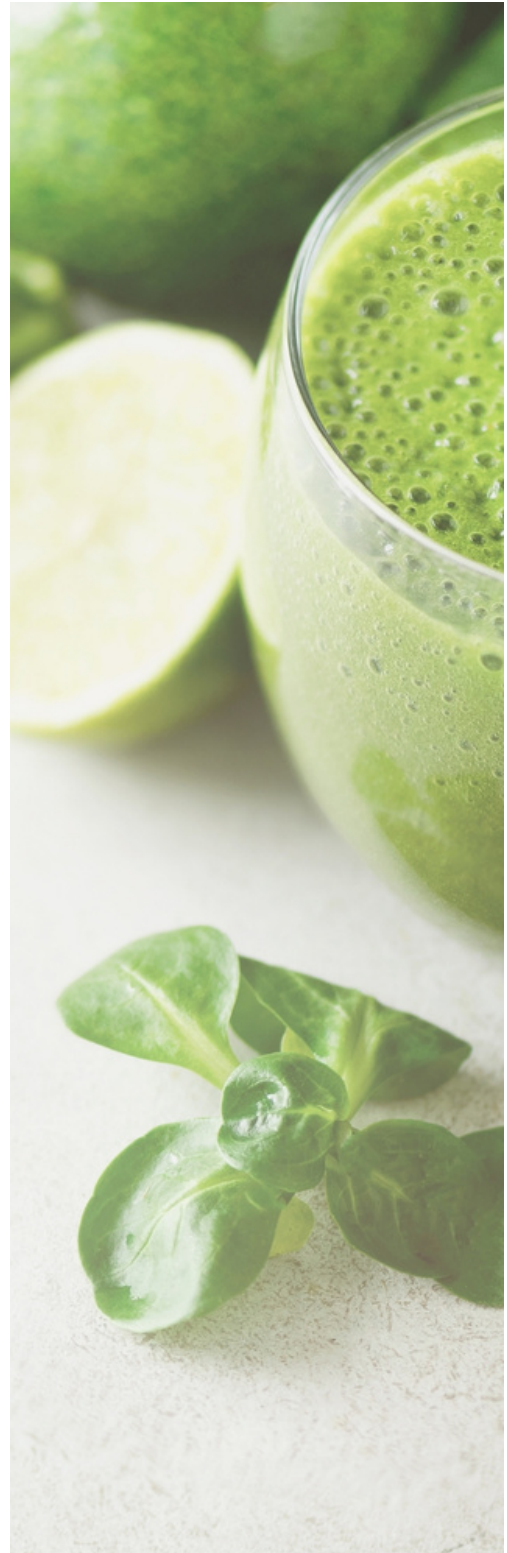
I even enjoyed eating healthy fruits and veggies and would still find myself turning to potato chips, sweets, and white cheddar popcorn to ease my stress and unhappiness.

I knew exactly what I was doing, too. I was fully aware that my eating habits and lack of physical activity were leading to disease.

Due to my family history of type 2 diabetes, if I had continued my bad habits, I was pretty much guaranteed to develop the disease myself in a few years' time.

I was constantly dieting. I would clean up my diet only to fall off a few days later. If I wasn't on a diet, I was gearing up for the next one.

I was unable to stick with a healthy eating plan because they were all too restrictive.





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Eat food.
Not too much.
Mostly plants.

- Michael Pollan,
[In Defense of Food](#)

You can read more about my story [here](#).

That's the problem - diets don't work.

So what does work? Simple, sustainable lifestyle changes. Yes, really.

Maybe you think healthy eating is too hard. Maybe you don't think you have enough time to prepare your own healthy homemade meals.

Or maybe you just don't know where to start.

Making changes to your diet and lifestyle can feel overwhelming, but it doesn't have to be.

Making small changes little by little can make the process a whole lot easier.

And those small changes can add up to something really big over time.

Just be patient. You'll get where you want to be.



Quick + Easy Nutrition Tips

Focus on Whole Foods

Almost every effective diet plan out there recommends eating whole foods.

Our bodies crave vitamins, minerals, and antioxidants to keep us healthy and happy, and there's no better way to get these nutrients than through eating a diet rich in healthy whole foods.

Think of your body as a machine - you want to eat to fuel your body and mind, and your body needs healthy foods to function and thrive.

This doesn't mean you can't eat the foods you love. It's just best to enjoy unhealthy "junk" foods (i.e. processed foods) in moderation.

The good news is the more you load up on healthy fruits and vegetables, the more your tastes will change, and you'll start to enjoy them, making sticking to your healthy whole foods diet so much easier!

Cut Out Less Healthy Foods

Reduce or eliminate meat, dairy, and chemical-laden "junk" foods.

While meat and dairy aren't inherently bad for you, most Americans eat too much of these foods.

Instead of making meat the main part of your meal, think of it as a condiment. Keep portions to 1/4 of your plate.

Follow the 90/10 Principle

You may have heard of the 80/20 Diet where you eat healthy whole foods 80% of the time, then indulge in your favorite foods the rest of the time.

Indulging can actually help you lose weight. When we deny ourselves for extended periods, we are more likely to binge when we finally give in.

When you regularly allow yourself to enjoy your favorite treats, you're more likely to control your cravings and eat sensible amounts, leading to less calorie intake over time.

However, I would argue that treating yourself 20% of the time might be too much, not only for weight loss, but also to ensure you're getting the required amount of healthy nutrients every day.

Try to stick with a 90/10 ratio: 90% healthy whole foods and 10% indulgences.



Be Mindful

The next time you eat a snack or meal, pay attention to how you do it.

Do you focus on every bite, savoring the taste and textures of your food?

Do you pay attention to how your food makes you feel, both while you're eating it and after your meal?

Being mindful in all areas of your health, including eating, physical activity, and personal relationships has numerous health benefits.

When you eat quickly, you are much less likely to chew your food completely, which may result in digestive issues and stomach discomfort.

You are also more likely to miss out on fullness cues. We actually don't start feeling full from a meal until around 20 minutes after we first started eating.

How many of us actually take 20 minutes to eat a meal? I would venture to say not many of us.

Only focus on eating. Turn off the TV, computer, and your cell phone. Eat with no distractions, and only pay attention to your meal.

If you're eating with others, use this time to connect with friends and family, and nourish your soul as well as your body.

Slow Down

This goes along with being mindful. When you wolf down your meal, you're not paying attention to how your food tastes or how you feel.

Slow down. Taste every bite of food. Chew your food completely.

Count your bites, and try to chew each bite of food 50-100 times before you swallow. Thoroughly chewing your food not only helps you truly taste your food, it also aids digestion.

Crowd Out

One of the easiest ways to transition to healthy whole foods is to use them to crowd out less healthy options.

Try this: fill your plate with 1/2 non-starchy vegetables like green beans, Brussels sprouts, and leafy greens, 1/4 starchy vegetables like potatoes, sweet potatoes, peas, and corn, and 1/4 meat or other protein.

Start eating the non-starchy veggies first, so you fill up on foods with the lowest calorie density, then move on to the higher calorie foods.

When you do this, you ensure you get the most nutrients from healthier options and may even find yourself eating less high calorie foods and fewer calories overall!.

Listen to Your Cravings

Instead of feeling ashamed of your cravings, listen to them. Honor them.

We tend to connect cravings with lack of willpower and failure to stick with a healthy diet.

But this negative thinking actually does more harm than good.

Instead of beating yourself up, try to find

healthy ways to satisfy your cravings, or enjoy your favorite "junk" foods in moderation.

When you deprive yourself, you are more likely to fall off the wagon and binge, which may lead to a cycle of disappointment and often causes weight gain.

Honor your cravings. Listen to your body, and give it what it needs.

If you are craving an unhealthy food, ask yourself why you want to eat it.

Did you have a particularly stressful day? Do you want to celebrate the end of a long week?

When you understand where your craving is coming from, you can process those emotions in a healthy and mindful way instead of reaching for food as comfort.





Find healthier alternatives to your favorite foods to satisfy your cravings without derailing your goals

Find Healthy Alternatives

One of the best ways to deal with your cravings is to find healthy alternatives to your favorite foods.

You might be thinking, "How can healthy foods possibly taste as good as my favorite comfort foods?"

You might be surprised!

To find tasty comfort food recipes that are actually good for you, search on healthy vegan and clean eating websites.

You can find my favorite healthy food alternatives on the [Sarah Blooms blog](#).

Does this mean you can't ever enjoy the foods you love? Absolutely not!

If you find that healthier alternatives aren't

working or you just want to enjoy a special day like a holiday or birthday, feel free to indulge.

Like I said, this is a lifestyle change, not a temporary diet. As long as you're eating healthy most of the time, you should still be able to meet your health, weight loss, and fitness goals with occasional indulgences.

Enjoy the Process

Instead of willing the time to pass, so you can fit into your favorite pair of jeans or look good in a bathing suit, try to enjoy the process.

The time will pass anyway, so there's no need to stress that you're not losing weight or your fitness isn't improving quickly enough.

Pay attention to how your body is changing, and you will notice some striking differences fairly quickly.

Revel in how much better you feel eating whole foods and adding physical activity to your day!

Try to stick with your healthy lifestyle plan as much as possible, but give yourself some grace, too. Remember, balance is key!

Find these helpful tips and more on the [Sarah Blooms blog](#):

[25 Cheap Instant Pot Meals Under \\$10](#)

[25 Healthy Vegetarian Chickpea Recipes You'll Love - Even Desserts!](#)

[30 Brilliant Ways to Eat Healthy on a Budget](#)

[30 Healthy Pumpkin Desserts for Fall](#)

DAY 5

FITNESS

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Make FITNESS your favorite habit.

Starting a consistent exercise routine is often one of the hardest parts of transitioning to a healthy lifestyle for a lot of my clients, but it doesn't have to be!

The key is to just get moving!

You don't need a gym membership or expensive equipment to start a fitness routine. All you need to do is add a bit of physical activity every day.

Why is physical activity so important?

According to the [CDC](#), more than 60% of U.S. adults do not engage in the recommended amount of activity, and approximately 25%, or 40-50 million, U.S. adults are not active at all.

This means they have sedentary jobs and aren't very active at home either.

Why does this matter? Because lack of physical activity can cause a host of health problems.

In fact, according to [this study](#), being inactive is worse for your health than smoking, diabetes, and heart disease!

The risk of death for sedentary individuals was over 500% more than for top exercise performers and more than 390% more than for people who just exercised regularly.

Luckily, these effects are reversible - with regular exercise.

But don't join your local Crossfit class just yet!

Healthy physical activity doesn't need to be intense to offer benefits to your health and fitness.

Walking is one of the best workouts you can do. It's low impact, so almost anyone can go for a walk.

It's also an effective calorie burner and wonderful for weight loss. Walking may even be better than running for most people, since you can exercise longer at moderate intensity with less risk of injury.

You might be tempted to dive right into an exercise routine, but it's actually smarter to start slowly.

When you ease into an exercise routine, you'll be more likely to stick with it and less likely to get injured.

If your body isn't used to being active every day, it only makes sense that it would take time to build muscles and strength to adapt to new challenges.

***Please remember:** Always consult your physician before starting an exercise program.

To learn how you can go from couch potato to fit in no time, here are my favorite get-started tips!

You don't need to set aside an hour or two every day to get fit.

Sneak exercise into your busy day with these quick and easy tips!

15 Simple Ways to Be More Active Every Day

1. **Take the stairs.** One of the easiest ways to add activity to your day is to take the stairs instead of the elevator or escalator. It might not seem like a lot of activity, but it can add up to a lot over time.
2. **Walk after dinner.** One of my favorite times to take a walk is 30 minutes to an hour after dinner. Walking can aid digestion and prevent you from snacking in the evening. This can also be a great family activity.
3. **Find a workout buddy.** Enlist your partner or a friend to workout with you. Being active with a friend can make it more fun, so you're more likely to stick with it.
4. **Clean your house.** Most people don't realize that cleaning is actually a great workout! Plus keeping a clean and tidy home can help reduce stress and make you happier overall.
5. **Do your own yardwork.** Mowing your grass with a push mower is an awesome workout, burning 350-450 calories per hour! Gardening might seem relaxing, but



it's actually an effective workout and can help you build strength as you carry dirt and mulch and cart weeds to the compost pile.

6. **Wear the right shoes.** Make sure to wear supportive shoes made for your feet to prevent injury and pain. I like to buy my sneakers from my local running store. The look at my feet and walking gait and recommend shoes that will be most comfortable for me.

7. **Take a class.** Have you always wanted to try yoga or spinning? Take a class! Being a friend along with you to make it even more fun. Don't have a friend who would want to go with you? A fitness class can also be a wonderful to make some like-minded friends.

8 **Park further away.** Instead of looking for the closest parking spot, choose one toward the back of the lot to get more steps in your day. Bonus: Since there are usually more spaces available further away, finding a parking spot won't be as stressful.

9. **Pace while you're on the phone.** Instead of sitting while you're on the phone, pace around the room, or do some light cleaning and organizing. If you're on a cell phone, consider going for a walk in your backyard or neighborhood.

10. **Exercise while watching TV.** Workout on a stationary bike while you watch your favorite shows, or do some sit ups or jumping jacks during commercials.

11. **Play with your pets.** Dangle a string in front of your cat, walk or run with your dog, or go outside to throw the ball with your pooch. Finding ways to be active with your pet can motivate you to get moving and is great for their health, too!

12. **Don't push it.** You have probably heard of the saying "no pain, no gain," but that's actually not true. Physical activity shouldn't be painful. Pain can be a sign of injury that can derail your fitness routine.

13. **Eat well.** Eating nutritious whole foods will make you feel better and give you more energy to fuel your workouts.

14. **Reward yourself.** Once you've reached a fitness goal (e.g. walking your dogs every day for a month), treat yourself to something you want to reward your hard work and encourage you to keep going.

15. **Make a habit.** Don't quit. Make fitness a priority, and try to get some sort of activity in every day.



DAY 6

SELF-CARE

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It is not selfish to love yourself, take care of yourself & make happiness a priority.

- Mandy Hale, Author

While self-care encompasses all the other topics in this eBook, it is also an important, multifaceted healthcare topic in its own right.

Most of us know that self-care is necessary to live our best life, but self-care is often the area of healthcare that's first to go.

As social beings, we are often more consumed with taking care of other people, but we can't adequately care for our loved ones if we're running on empty.

In our fast-paced world, most of us are over-worked, undernourished in body, mind, and soul, and over-stressed, which can have a devastating impact on our physical and mental health.

Self-Care will often mean something different

to everyone. The college student who is super busy with school and an active social life will think of self-care as quiet time to unwind and rest, while the retired person who is less stimulated in their day-to-day routine might think of socializing as a form of self-care.

Of course, that also means that our idea of self-care may change over our lifetime, so it's important that we revisit our self-care plans over time to ensure they are working for us at every stage of life.

25 Easy Ways to Start a Self-Care Routine

1. **Get enough sleep.** Sleep is quite possibly the most important area of self-care. Lack of sleep can make it more difficult for us to care for ourselves in other ways. Getting enough sleep can help us eat



right, workout regularly, control emotions, improve our mood, and more. Sleep truly is the foundation of a healthy, happy life.

2. **Eat healthy.** I often recommend my clients start their self-care routines by changing their diets. Eating healthy whole foods can make you feel better almost instantly! You'll be surprised at how much processed and junk foods may be hurting your health and happiness.

3. **Cook at home.** Cooking at home can make eating healthier a lot easier, since you can control exactly what goes into your meals. You will save money, too, which can help with financial stress.

4. **Exercise daily.** If you have been leading a largely sedentary lifestyle, the idea of exercising every day might seem daunting, but it doesn't have to be difficult. Start slowly, adding small bursts of activity into your day. Take the stairs instead of the elevator, take a quick walk around the block, or do some stretches as you watch TV. You don't need to spend hours every day doing intense workouts. Set aside 30 minutes to an hour to go outside for a walk or run. Want to stay home? Sign up for an at-home workout subscription like [Beachbody On Demand](#).

5. **Get outside.** Getting out in nature for some fresh air can have numerous health benefits. Studies have shown that spending time outside can lower stress levels, improve mood, increase activity levels, promote healing, improve concentration, and increase Vitamin D if you spend time in the sun (more on that soon).

6. **Take a walk.** You don't need a gym membership or expensive equipment to get adequate exercise. Walking is actually one of the best workouts for your body. It gets the blood flowing, burns calories, and is low impact, so you're less likely to hurt yourself. Plus, it's an easy activity for most people, meaning you can take a walk every day if you like.

7. **Meditate.** Regular meditative practice can help us lower stress, connect better, understand our pain, improve mood and focus, and just be kinder to ourselves. To meditate, find a calming, quiet space in your home to sit. Most people sit cross-legged on the floor or on a mat or pillow, but you can sit with your legs straight out or on a chair - whatever is most comfortable for you. Sit up straight with good posture, but try to relax, as well. Close your eyes, and take a deep breath. Focus on your breathing as you inhale and exhale. If you notice your mind wandering, bring it back to focus on your breathing. As you end your session, get up slowly. Take a few minutes to ease back into the activity of your day. How long should you meditate? When first starting out, limit each session to 5 to 10 minutes each, then increase your time as you gain experience. How long you meditate is up to you. Do what feels good to you, but I usually recommend at least 20 minutes a day, though some people meditate as much as 45 minutes to an hour! You can also break up your meditation into two smaller sessions if you're short on time.

Self-care is giving the world the best of you, instead of what's left of you.

– Katie Reed, Borderline Blog

8. **Take care of your gut.** You may be surprised to learn that gut health can affect your entire body, not just your digestive system. Our gut health influences everything from weight to mood, anxiety, depression, and cognitive ability to aches and pains and even back pain! To improve gut health, eat probiotic-rich foods like yogurt, kefir, kombucha (my favorite!), raw sauerkraut, and other fermented foods, or take a [high-quality probiotic](#). Healthy whole foods, especially fruits and vegetables, also promote healthy bacteria growth (definitely a good thing!) and balance in your gut.

9. **Say "no."** If you're feeling stretched thin, don't feel pressured into doing things you don't want to do or that you don't have time for. Don't stress about saying "no" to people. Remember, "no" is a complete sentence.

10. **Spend time with your pets.** One of my favorite ways to reduce stress and improve my mood is to spend time with my pets. Studies show that having pets can improve your mood, reduce anxiety and depression symptoms, reduce stress, lower blood pressure and cholesterol, reduce feelings of loneliness, increase opportunities for socialization, and increase activity levels. Take your dog for a walk, throw a ball at the dog park, or cuddle on the couch. Play with your cat and enjoy how cute and funny they are as they chase a feather or some string, or roll in a handful of catnip.

11. **Create a schedule.** Taking time for yourself every single day is important to your physical and mental health. Pen it into your planner like you would any other appointment. Make self-care non-negotiable.

12. **Get creative.** Expressing your creativity has a surprising number of health benefits. Taking time to get creative allows you to express yourself, promotes thinking and problem-solving, reduces stress and anxiety, and gives you a sense of purpose. Easy ways to get creative include painting or drawing a picture, coloring, decorating your home, or putting together



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The most important relationship is the one you have with yourself.

- Diane von Furstenberg,
Fashion Designer



new outfits. My favorite way to express my creativity is through my blog, [Sarah Blooms](#). I get to write and share my knowledge with the world, design my website, and create promotional materials like Pinterest pins and social media graphics.

13. **Unplug.** You may not realize it, but technology can cause a host of issues that may impede your self-care routine. Arguing with others on social media - or even reading negative comments - can promote feelings of anxiety, hopelessness, and anger. Reading negative news articles can do the same. Also, the blue light emitted from electronic devices, including your computer, TV, and cell phone, can cause headaches and disturb your sleep. To prevent sleep issues caused by blue light, unplug devices at least an hour before bed, or wear [blue light glasses](#). If you already wear corrective lenses, ask your eye doctor about blue light coatings.

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15. **Slow down.** While being active is important, finding balance is key. With full-time jobs, active families, and countless obligations, most of us are running from the time we wake up until we go to bed at night (often later than we should). When we don't give ourselves time to relax and unwind, we end up burning out. It's not fair to our mind and body

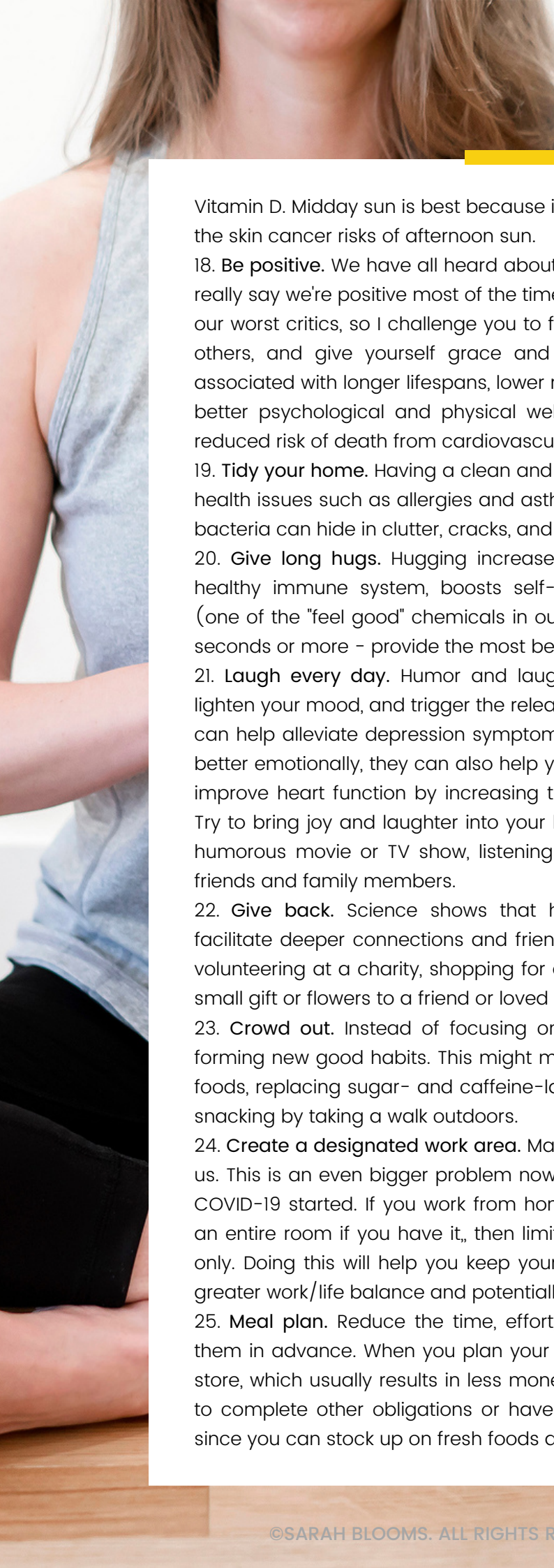
to keep going indefinitely. Instead of quickly and mindlessly eating meals, take the time to focus on what you're eating. Chew slowly and completely. Count your bites if you have to, and aim to chew each bite at least 40-50 times. Set aside at least an hour before bed time to unwind and reflect on your day and prepare your body for sleep.

16. **Breathe.** Yoga breathing, or Pranayama, is the foundation of yoga practice. Pranayama literally means "to extend the vital life force," or prana, and it can be used to treat a variety of health issues, including stress, anxiety, depression, sleep disturbances, chronic pain, and even life-threatening illnesses. My favorite Pranayama technique is the long breath. I use it to calm my central nervous system each night before I go to sleep. You can also use it in the middle of the night to fall back asleep or if you're struggling with insomnia. To do this, lie on your back with your knees bent and feet flat on the floor, hip width apart. You can also do this on your bed. Place your palm on your abdomen, and take a few relaxed breaths, focusing on the rise and fall of your stomach as you breathe. Mentally count your breaths as

you inhale and exhale. Gradually begin to make your exhalations longer than your inhalations until they are at a 1:2 ratio (i.e. 4 second inhale to 8 second exhale). Do not increase your exhalations beyond this ratio. Doing so may stress your central nervous system and prevent you from relaxing. If your breath feels uncomfortable or short, or if you're gasping for breath, back off to a ratio that is more comfortable for 8 to 12 breaths. Finish your practice with 6 to 8 natural, relaxed breaths, then drift off to sleep.

17. **Get some sun.** While we always being told to stay out of the sun to prevent skin cancer, limited sun exposure does have its benefits. It's estimated that 40% of Americans are deficient in Vitamin D. While you can take Vitamin D supplements (I take [Ritual multivitamins](#)), the sun is still your best source. Spending time in the sun can also improve mood and reduce stress. The key is to do it safely. Aim to get around 10-30 minutes of midday sun several times a week. People with darker skin may need a little more time in the sun, since their skin may resist absorption of the sun's rays, preventing their bodies from forming enough





Vitamin D. Midday sun is best because it allows for optimal Vitamin D absorption without the skin cancer risks of afternoon sun.

18. **Be positive.** We have all heard about the power of positivity, but how many of us can really say we're positive most of the time, especially when it comes to ourselves? We are our worst critics, so I challenge you to focus on the positive, try to be a positive light for others, and give yourself grace and love in return. Keeping a positive attitude is associated with longer lifespans, lower rates of depression, greater resistance to viruses, better psychological and physical well-being, and better cardiovascular health and reduced risk of death from cardiovascular disease, to name a few benefits.

19. **Tidy your home.** Having a clean and tidy home can reduce stress levels and improve health issues such as allergies and asthma. It can also prevent illness, since germs and bacteria can hide in clutter, cracks, and crevices.

20. **Give long hugs.** Hugging increases oxytocin (i.e. the love hormone), supports a healthy immune system, boosts self-esteem, and stimulates dopamine production (one of the "feel good" chemicals in our brain). Studies show that nice, long hugs - 20 seconds or more - provide the most benefit.

21. **Laugh every day.** Humor and laughter can provide a break from life's stressors, lighten your mood, and trigger the release of the brain chemical serotonin, which, in turn, can help alleviate depression symptoms. Laughter and humor don't just make you feel better emotionally, they can also help you breathe more fully, reduce inflammation, and improve heart function by increasing the flow of oxygenated blood through the body. Try to bring joy and laughter into your life at least 10 minutes every day by watching a humorous movie or TV show, listening to a podcast, or just spending time with witty friends and family members.

22. **Give back.** Science shows that helping others improves your mood and can facilitate deeper connections and friendships. Some simple ways to give back include volunteering at a charity, shopping for a neighbor, donating to a food bank, or giving a small gift or flowers to a friend or loved one just to show them you care.

23. **Crowd out.** Instead of focusing on taking away bad habits, crowd them out by forming new good habits. This might mean crowding out junk foods with healthy whole foods, replacing sugar- and caffeine-laden drinks with water, and preventing nighttime snacking by taking a walk outdoors.

24. **Create a designated work area.** Many of us struggle with taking our work home with us. This is an even bigger problem now with so many people working from home since COVID-19 started. If you work from home, designate an area in your house, preferably an entire room if you have it, then limit the time you spend in that area to work hours only. Doing this will help you keep your work life and home life separate, encouraging greater work/life balance and potentially reducing stress levels.

25. **Meal plan.** Reduce the time, effort, and expense of preparing meals by planning them in advance. When you plan your meals, you can make fewer trips to the grocery store, which usually results in less money spent overall. You will also free up some time to complete other obligations or have some fun! It's also a lot easier to eat healthy, since you can stock up on fresh foods and have some prepped to grab-and-go.

DAY 7

DETOX

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Big corporations are bombarding us with chemicals in just about every conventional product on the market today!

When you think of detoxing, you probably think of cleansing diets, but I generally classify that type of detox under nutrition.

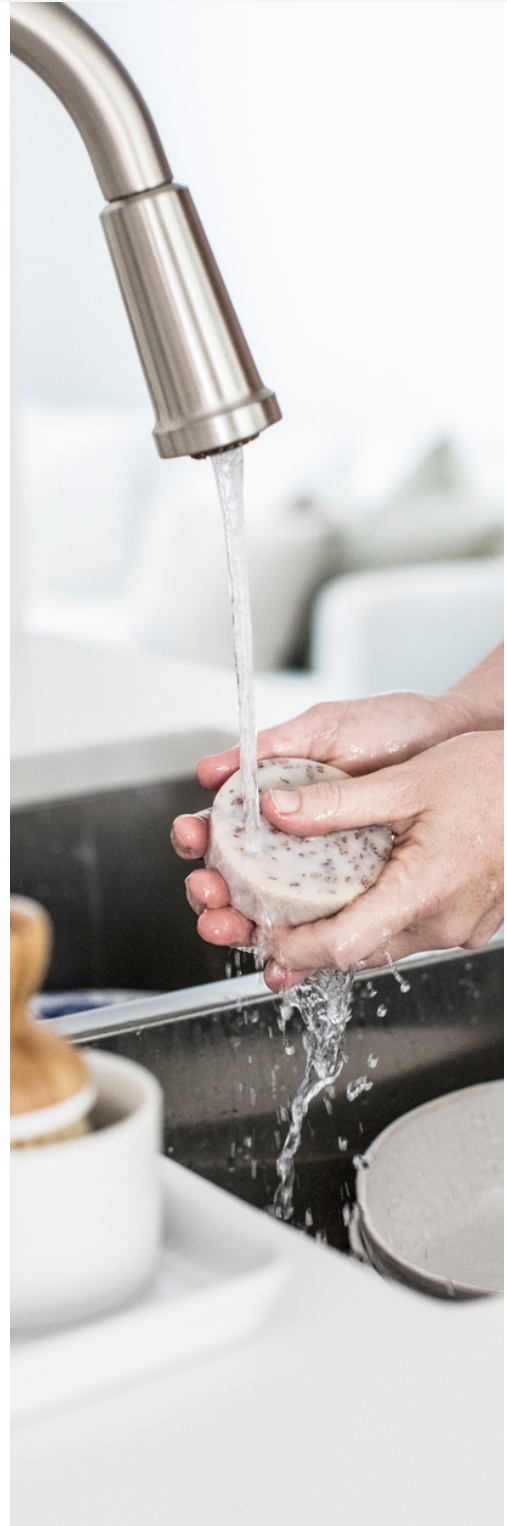
Here, we will be talking about detoxing your home and lifestyle - everything from your cleaning products to your personal care and beauty routine.

Why would you want to detox your lifestyle?

It's simple. Big corporations are bombarding us with chemicals in just about every conventional product on the market today, from processed foods to soaps, lotions, and even baby shampoo!

Here's a list of all the products I changed when I started using eco-friendly, chemical free versions:

- Hand soap
- Dishwashing liquid
- Laundry detergent
- Cleaning/disinfecting sprays
- Glass cleaner
- Scouring powder
- Eyeglass lens wipes
- Shampoo and conditioner
- Body wash
- Lotions
- Face wash
- Makeup
- And more!





Many people resist switching to natural products because they worry these eco-friendly versions are less effective, but that has not been my experience at all!

In fact, I would say these products work just as well, if not even better, than traditional chemical-laden formulas!

If you have tried natural products in the past and not liked them, I urge you to give them another chance.

Due to the high demand for safer, chemical-free products, companies have made vast improvements in recent years.

Ready to get started? Here's a list of all my favorite safe and eco-friendly products I use every day!

- Foaming hand soap: [Plantlife Patchouli](#)
- Handwashing dishes: [Sal Suds](#) and [eCloth Washable Sponges](#)
- Dishwashing tablets: [Ecover Dishwasher Tablets](#)
- Laundry: [Charlie's Soap](#) (this stuff is the best! My clothes have never been cleaner, and no residue!)
- Cleaning: [TriNova All Purpose Cleaner](#) and [eCloth Microfiber Cloths](#) (you actually don't need spray cleaner with these cloths - just add water!)
- Disinfecting spray: [Hydrogen peroxide](#)
- Glass cleaner: [eCloths Window Cleaning Pack](#) (eCloths let you clean and disinfect with water, and they actually work!)

- Dusting: [eCloth Microfiber Dusting Glove](#)
- Scouring powder: Make a paste with [baking soda](#) and [hydrogen peroxide](#)
- Floors: [eCloth Deep Clean Mop](#)
- Car: [eCloth Car Cleaning Kit](#)
- Eyeglass lens cleaner: [eCloth Eyeglasses Cloth](#)
- Haircare: [Hairstory New Wash](#) and [Hair Balm](#) (I have curly hair, and I love these products!)
- Body: [Plantlife Bar Soap](#) (These bar soaps actually keep my dry skin moisturized, even in winter, I love their natural scents!)
- Body lotion: [Coconut oil](#)
- Face: [Mad Hippie Deluxe Routine](#)
- Makeup: [Thrive Causmetics](#) and [Glossier](#)

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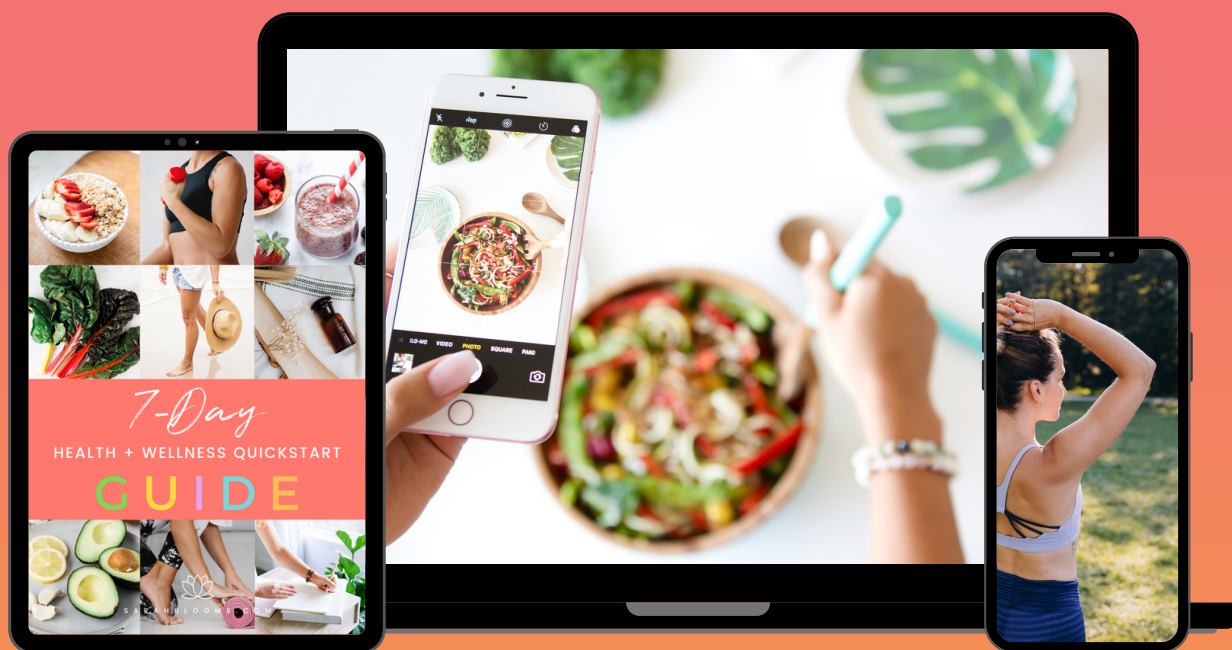


NOTES



Healthy habits work best when they last a lifetime, not just the time it takes to lose a few unwanted pounds. Take it one day at a time, and before you know it, you'll have reached your goals and then some.

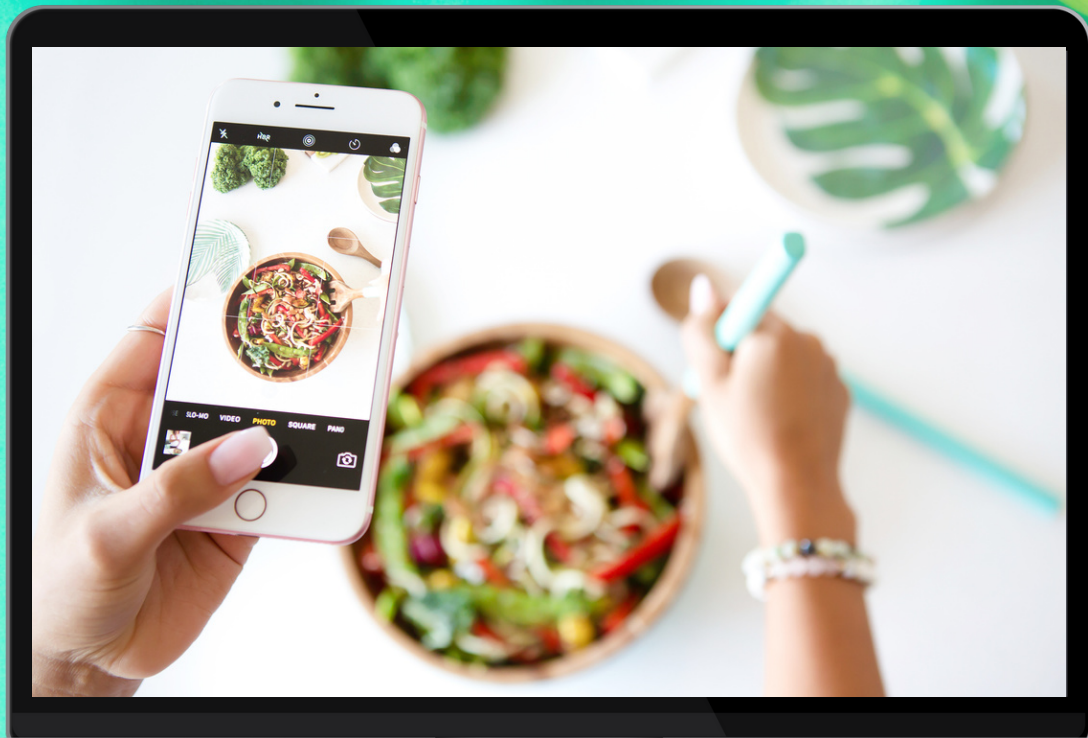
Get Started



Access the FREE Resources Library full of carefully curated guides, checklists, cheatsheets, and more that will get you started on your health and fitness journey and set you up for success!

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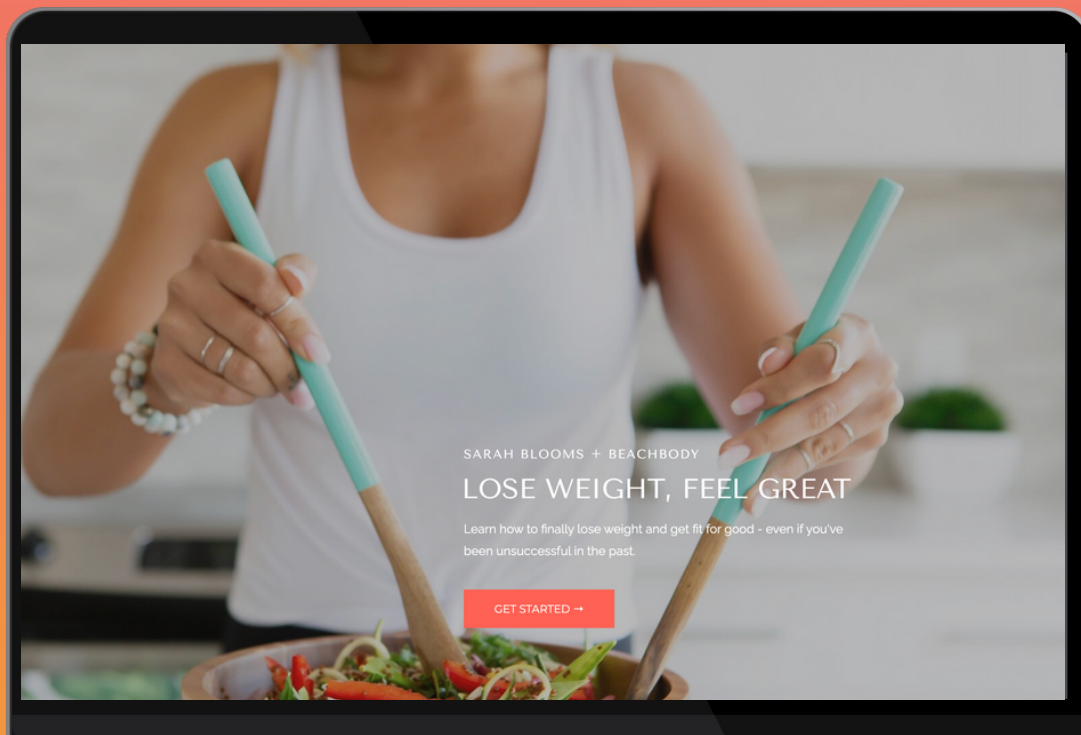
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EAT RIGHT, LOSE WEIGHT, GET FIT...



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ON THE BLOG



SARAH FLOWERS
CREATOR OF SARAH BLOOMS



Thank you for downloading this eBook and signing up for the Sarah Blooms community to receive all the latest news and updates from the blog, instant access to the Sarah Blooms FREE Resource Library, early bird pricing on new courses and products, exclusive beta tester opportunities, and more!

I couldn't be more honored that you have entrusted me with the greatest resource we have - our health. I assure you I don't take that lightly.

Through the years, I have faced some struggles with my health, but I have overcome them. I know you can, too. I'm here to help.

Thank you for reading Sarah Blooms!

S A R A H B L O O M S . C O M