



**INTEGRATIVE NUTRITION'S**

# 6-Month Roadmap To Health & Happiness



The start of a new year is the perfect time to harness what you've learned from the past and focus on new possibilities for the year ahead. So why not direct that positive energy towards something that will bring you greater health and happiness?

Make 2014 your year of self-empowerment by making all your dreams come true. It's not impossible! If you start with a foundation of personal wellness and self-care, everything else has a way of falling into place.

This guide is based on the health coaching curriculum of the Institute for Integrative Nutrition, which focuses on nourishing yourself with whole foods and creating balance in all areas of life. It'll give you a taste of what it's like to work with a Health Coach, or become one yourself! Use it as a 6-month roadmap towards feeling great, looking beautiful, and getting in touch with what you really crave.

**Here's to feeling healthier, happier, and  
living life to the fullest!**



---

**Interested in learning more about Integrative Nutrition?  
Check us out online at [IntegrativeNutrition.com](http://IntegrativeNutrition.com)**

---

# Month 1

## Getting Started



1 Set Your Goals  
**Begin the shift**

2 Get Your H<sub>2</sub>O  
**Replenish and detox**

# Set Your Goals

As you embark on any personal endeavor, it is important to pause and consider the outcome you wish to achieve. Use the space below to write 3 concrete goals for your health that you'd like to manifest over the next 6 months. Write in present tense and connect with how you want to feel. Rather than saying "I want to lose weight" say "I am 10 pounds lighter and feel joyful in my body."

Goal #1 \_\_\_\_\_

Goal #2 \_\_\_\_\_

Goal #3 \_\_\_\_\_



## Begin the shift

Often times we know the things that we should do, or avoid, in order to feel better, but fear of change prevents us from following our instincts.

Set your intention today to listen to your body and become the healthiest, happiest, person you know. You deserve it!

## Tips:

1

**Do more of what you know is good for your mind, body, and spirit.** Start becoming more mindful of the things that make you feel nourished and alive vs. the ones that deplete your energy and take away from authentic happiness.

2

**Lean more towards the people who support the goals you listed above.** Ask for help if you need to, and aim to create relationships that will help lift you higher.

# Get Your H<sub>2</sub>O

Your body is made up of 60-75% water, so it makes sense that this essential fluid must be continually replenished.

Simply adding more water to your diet and daily routine can have immense effects on your health because it flushes out toxins, energizes muscles, curbs cravings, boosts brain power, and serves many other crucial functions.

Coffee, tea, and soda don't count, as they are all diuretics that actually dehydrate you. So be sure to drink lots of filtered water every day no matter how busy you are!

## How much water should you drink per day?

Between 2-3 liters is ideal, which is 64-100 ounces, or about 10 cups on average. The more active you are, the more you should drink.



### Tips:

1

**Add flavors** to jazz up your water like lemon, mint, berries, or cucumber slices.

2

**Create rituals** like drinking a tall glass each morning, and filling up your travel container 4 times a day.



# Month 2

Wholesome Nourishment

① Glorious Greens  
So fresh and so green

② Creating Balance  
It's about more than what's on your plate

# Glorious Greens

Vegetables, whether you eat them raw or lightly cooked, provide an abundance of nutrients needed to regain and maintain wellness. If you want to lose weight, increase energy, reduce aches and pains, or improve any other physical symptoms, begin by increasing your consumption of veggies (especially leafy greens).

The possibilities are limitless, so aim to **double or triple** the amount of vegetables you consume, and experiment with new recipes to find the flavor combinations that you like best.

## You can...

- Eat them raw
- Blanch, steam, or sauté them
- Have them on their own or as a side dish
- Mix and match into salads
- Add to soups, stews, wraps, or grain dishes



## Tips

1

**Try to make every dish as colorful as possible** with a variety of vegetables. The more diverse the veggies you eat, the more vitamins, minerals, and enzymes your body will benefit from.

2

**When in doubt, eat kale.** It is a powerful nutrient-dense superfood available in most places. A tasty way to prepare it is to add to boiling water for 1-2 minutes, then strain, add extra virgin olive oil, fresh squeeze of lemon, and a touch of sea salt.

# Creating Balance

True health is about more than what's on your plate. Everything in your life plays a role in how you feel, including your relationships, career, and spiritual practice. The foods you eat are secondary to all the other aspects of life that feed you. We call these parts of life primary food.

Use the exercise below to determine where your real hunger lies.

## Here's How

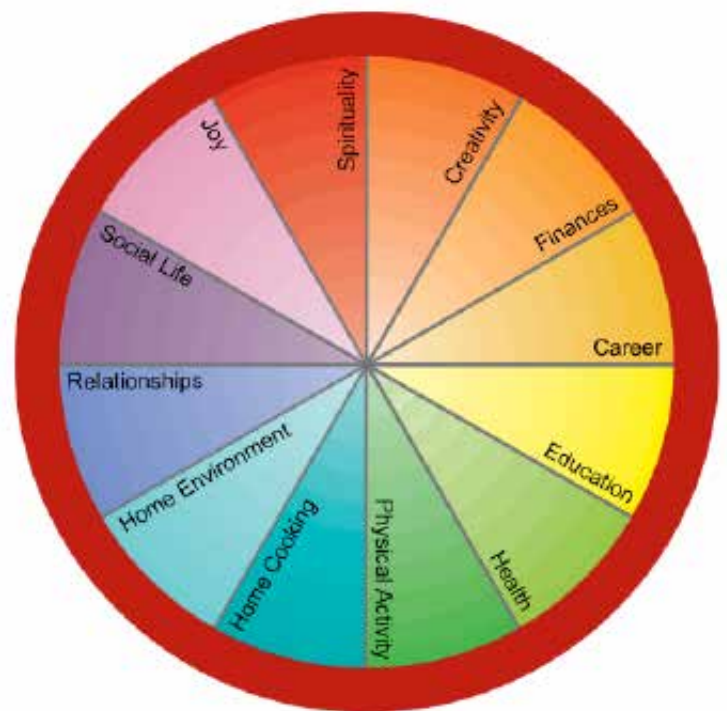
Place a dot in the middle of each section to mark how satisfied you are with each area of your life. A dot placed towards the center of the circle indicates dissatisfaction, while a dot placed towards the outside of the circle indicates ultimate happiness. When you've placed a dot on each of the lines, connect the dots to see your Circle of Life. Take a moment to consider how the things that are lacking for you are impacting your daily outlook, behavior, and emotions.

What are three steps you'll take this week to improve these circumstances?

**Step 1** \_\_\_\_\_

**Step 2** \_\_\_\_\_

**Step 3** \_\_\_\_\_



## Tip:

1

**It doesn't always require a major change,** sometimes simply speaking with someone and asking for support, or reassessing your priorities, can make a world of difference.





# Month 3

Develop Your Healthy Lifestyle

① Get to Know Your Grains  
Gluten-free is the way to be

② Let's Get Cookin'  
Practice makes perfect

# Get to Know Your Grains

There are a wide variety of delicious and wholesome grains that are packed with protein, vitamins, and minerals, and most people don't get enough of them! As you progress in your wellness transformation, aim to introduce more healthy grains to your diet.

Unlike simple carbohydrates such as pasta and white potatoes, the grains below are gluten-free and have enough fiber to be absorbed more slowly by your body. These benefits reduce digestive inflammation and unwelcome spikes in blood sugar.

## Try This Recipe:

1. Rinse then soak 1 cup of quinoa for about an hour. Drain.
2. Combine quinoa with 2 cups of water and bring to a boil, then reduce heat and cook for 10-15 minutes.
3. Turn off heat, fluff with fork, and leave quinoa covered for another 5 minutes to absorb any remaining water.
4. Transfer to a bowl and add your favorite chopped veggies like cucumbers, tomatoes, sprouts, scallions, spinach, carrots, and any others you have on hand.
5. Add a sprinkle of extra virgin olive oil and a bit of sea salt and pepper if you like.
6. Mix and enjoy any time of day.



## Tip:

1

**Always rinse your grains thoroughly before cooking** to eliminate dust and toxins, and soak them to increase nutrient content and absorption. For soaking, 8-12 hours is good for brown rice, whereas 1-5 suffices for other grains.

# Let's Get Cookin'

One of the best ways to stay inspired on your wellness journey and maintain your newfound appreciation for whole foods is to get in the kitchen and start cooking!

This may require a greater time investment in your meals than you are used to, but it's the perfect way to ensure that you are eating healthy ingredients prepared with love.

## Getting Started

Get yourself a cookbook, ask family and friends for their favorite recipes, or turn to the internet for inspiration (**foodily** and **yummly** are a great place to start!)



## Tips

1

### **It's never too late to get started.**

Begin with an open mind, experiment with healthy ingredients, and don't get discouraged if it takes a little time to develop your culinary skills.

2

**Cook once, eat twice.** Prepare extra when cooking so you can bring leftovers to work or dress up the same meal with a different side dish to save on cooking time every other day.

# Month 4

Out With the Old, In With the New

① Slow Food is Better  
**Healthy snack ideas**

② Embrace Self-Love  
**Dedicate time to yourself**

# Slow Food Is Better

Now that you've begun to experiment with new healthy foods and more cooking at home, it's time to let go of the old packaged and processed foods that no longer serve you.

Many boxed foods in supermarkets and convenience stores are loaded with common allergens like gluten, dairy, corn, and soy, not to mention high amounts of sugar and mysterious chemical additives. These substances slow down digestion, deplete energy, and contribute to disease. Let them go and never look back!

## Healthy snack ideas to replace packaged foods

- Fresh fruit: apples, bananas, berries
- Carrot sticks with almond butter
- Fresh avocado with lemon & sea salt
- Leftovers from a homemade dinner
- Cut-up vegetables with hummus
- Fresh pressed juice or smoothie
- Nuts and seeds
- Granola bars



### Tips:

1

**Read labels carefully** and look for shorter ingredient lists with ingredients you can pronounce and understand the source of. The first one or two ingredients listed are the most prevalent in that food so choose wisely.

2

**Choose the best from what's available,** if you're in a situation with few healthy options. Ask questions at restaurants, select the freshest ingredients, and don't hesitate to go a little out of your way to find something better. You'll feel much better if you do.

# Embrace Self-Love

Making time to nourish yourself with loving attention is an essential way to connect with yourself on a deeper level and find lasting acceptance. From a centered state of being, authentic transformation will naturally bloom and you'll be stronger and more available to support others.

This month, begin to set aside daily or weekly time to dedicate entirely to yourself. This can include taking a hot bath, giving yourself a massage, meditating, taking a yoga class, or whatever else you enjoy that makes you feel nurtured on a spiritual and emotional level.

**What will you do regularly for yourself starting today?  
Schedule it on your calendar!**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



## Tip:

### **Replace negative self-talk with positive affirmations.**

Whenever you catch yourself thinking negative thoughts, reverse it to say something positive instead. So "I feel unattractive" becomes "I am beautiful." It may not feel believable at first, but repeat the positive mantra regularly and you'll begin to see yourself in a new light!

# Month 5

Let's Get Physical

1 Shake it Up  
Diet and fitness go hand in hand

2 Clean it Out  
Make room for something new

# Shake it Up

Diet and fitness go hand in hand when you're trying to boost your health. Exercising regularly helps eliminate toxins, improves energy and mental clarity, and supports healthy digestions among other benefits.

You don't have to overdo it when it comes to fitness – an average of 3 times per week is all it takes to maintain wellness – and you're free to choose the style that works best for you.

**Here are 3 exercise suggestions based on your body type, or dosha, according to the Ayurvedic system of healing.**

| Dosha  | Natural Tendencies  | Recommended Exercise  |
|--|---|---|
| <p>Vata</p>    | <p>You have bursts of energy but tend to tire quickly, feeling dizzy or exhausted easily. You thrive in warm weather and avoid outdoor workouts in fall and winter.</p> | <p>Grounding and rhythmic exercises such as yoga, easy walking, Qi Gong, and dance will help you develop strength, balance, and agility while maintaining energy.</p>                   |
| <p>Pitta</p>  | <p>You have a strong drive, are competitive, and can endure long periods of exercise without tiring. You feel uncomfortable being too hot.</p>                          | <p>Endurance sports such as hiking, mountain climbing, or bicycling are a great fit for you. Ones that are cooling such as skiing or swimming will also balance your heated nature.</p> |
| <p>Kapha</p>  | <p>You have plenty of strong and steady energy with great physical strength, but sometimes have a hard time getting motivated to exercise.</p>                          | <p>Endurance sports and aerobic activity that promote sweating are ideal for clearing congestion and sluggishness. Soccer, dance, jogging, or other aerobics will balance you well.</p> |



# Clean it Out

Have you ever heard the saying “as is the microcosm so is the macrocosm”? This quote represents the idea that the little things in our lives can sometimes be representative of bigger patterns.

A great example of how you take care of your body is in how you take care of your home. Do you keep it clean, organized, and well-maintained, or do you put off cleaning and hold on to old things long past their usefulness?

## Start fresh

This month, make time to take care of the home that is an extension of your body by cleaning out the things that only take up extra space, and freshening up everything else. You'll not only create more space, but feel cleansed and ready for new possibilities to enter your life.



## Tips:

1

**Donate old clothes, books, and other items that remind you of a past you no longer desire**, and use natural cleaning products (such as baking soda, fresh lemon, and essential oils) to give everything else a fresh and shiny glow.

2

**Fill your home with joyous new things** to lift your spirits on a regular basis. This can include new clothes in your closet, inspiring wall art, fresh flowers, colorful accents, or whatever else aligns with your new healthy perspective on life.



# Month 6

## The Home Stretch

- 1 Share the Love  
Inspire others
- 2 Get Some Rest  
Sleep it off

# Share the Love

If you have been making your transition to wellness all alone thus far, now's the time to share your journey with others. Tell the people in your life what you're up to, why you're focused on your health goals, and how differently you're feeling now.

## Inspire others

You never know when your experience could naturally spark an interest in someone else to improve their health as well, and that positive impact will result in a ripple effect that touches everyone around you. That's the amazing result that IIN Health Coaches inspire every day.



## Tips:

1

**Gently encourage others to take charge of their health as well**, but without being pushy if they're not receptive to it. If they want help, refer them to a Health Coach or to the Institute for Integrative Nutrition.

2

**Share your healthy cooking with family and friends**, start a blog about your experience, and attend wellness events to meet others on a similar path. This will help you stay motivated to keep up with your new passion for self-care.

# Get Some Rest

With all the hard work you've been doing to get your health on track, you deserve a break. In fact, by taking a break you're contributing even further to creating a balanced body and mind.

Getting adequate sleep, taking a vacation, and making time for regular rest and rejuvenation will do a world of good. It will help to balance your hormones, clear your mind, improve your memory, support organ function, aid in cellular repair, prevent mood swings, and much more. So you can literally improve your health while you sleep!



## Tips:

1

If you've been feeling tired lately, **have a sleep detox** by getting a minimum of 8 hours of sleep for a full week. Just see how much better you feel after simply prioritizing sleep!

2

Notice whenever you push yourself too much. It's important to take things slowly and allow your body time to absorb and process everything that occurs in your life. **Treat yourself with kindness and you'll be rewarded with health and happiness.**



This guide was created by the Institute for Integrative Nutrition ©

---

Integrative Nutrition's Health Coach Training Program is a year-long online course specially designed for people who are passionate about health and wellness. Whether you're interested in learning about nutrition or launching a meaningful new career, Integrative Nutrition will empower you to transform your life and achieve your personal and professional goals.

Our comprehensive curriculum covers over 100 dietary theories and combines counseling techniques with real-world business training. Our unique nutrition philosophy takes a holistic approach to wellness and encourages students to consider relationships, career, exercise, and spirituality as essential to building good health.

With Integrative Nutrition's innovative learning model, you'll be empowered to build a thriving health coaching practice, transform your own health and happiness, and change the world.

---

**Ready to take the next step?  
Attend an upcoming info session or  
call us at: (877) 733-1520 today!**

---