

GIA's Top Ten Tips from the Book *Eat Move Sleep*

Choices Count

1. No matter how healthy (or unhealthy) you are today, you can take specific actions to have more energy and live a higher quality of life. These choices will shape your life.

Eat

2. Put the **healthiest foods** in you home on a shelf **at eye level or in a bowl on the counter.**
3. Every time you go to the store, **start by loading up on fruits and vegetables with vibrant colors.**
4. **Replace chips, crackers, and snack bars with nuts, seeds, apples, celery, and carrots.**

Move

5. **Try a new micro activity today**--like taking the stairs or parking far away from the door.
6. **Exercise in the morning** for a better mood and more brainpower all day. (Put out your workout clothes the night before, or even sleep in your workout clothes so you are set to go!)
7. **Engineer activity into your work.** Have a standing or walking meeting. Get up and move every time you are on the phone.

Sleep

8. **Gradually add sleep to your nightly schedule in 15-minute increments.** Continue until you feel fully rested each morning.
9. **Avoid using the snooze button on your alarm** for the next week. Then, see if you can banish it for good.
10. **Create a routine** so you don't eat, drink, or use electronic messaging in the hour before you go to bed. **Have a great nighttime routine** in order to have a great morning routine.

Please contact Greg Schmill (gschmill@grace-in-action.com) to learn you can have GIA work with your team not only on having goals for eating, moving, and sleeping, but also on goals for spiritual and emotional health!