

5 STEPS TO A

taylored

LIFESTYLE

WELLNESS TAYLORED HEALTH &



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Certified Holistic Health Coach

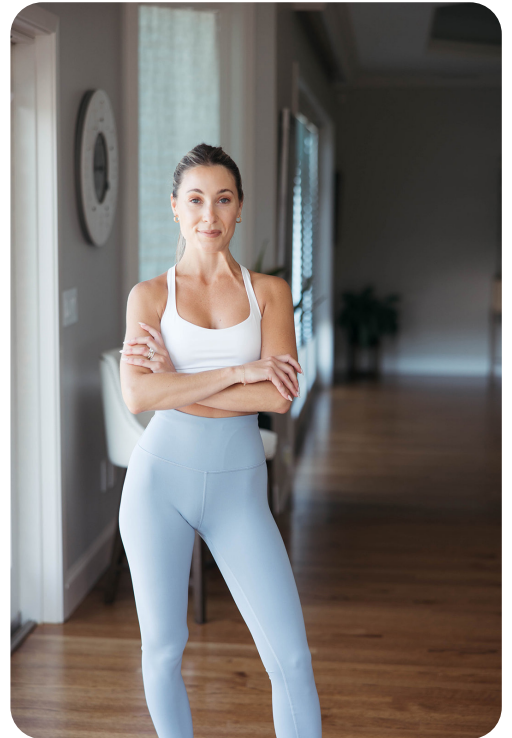
Welcome!

I'M TAYLOR, CERTIFIED HOLISTIC HEALTH COACH

A Taylored lifestyle is all about you and your uniqueness, finding what works for you and you alone. You know yourself better than any doctor, nutritionist, therapist or even health coach could. At the end of the day in order to find true harmony in living a holistic healthy lifestyle you need to find the solutions that work with your needs and wants. Finding ways to explore your health and what that means to you, physically, emotionally, mentally and spiritually are the first step. I am here as your guide and your support system along the way.

Starting this journey can be made complicated with all the information and noise out there but here in the guide I have compiled actionable steps that you could slowly start implementing today. Not all of these will be for you, some will resonate while other tips absolutely will not, and thats okay! Remember this is all about what works for you and finding your Taylored lifestyle.

GET STARTED →



1.

IMPROVE YOUR SLEEP HYGIENE

Sleep is so vital to our mental and physical health, it plays an essential role in every process of our bodies, from tissue repair and muscle growth to hormone regulation to memory consolidation.

When we have a good nights sleep, it sets the foundation for us to experience an improved quality of life. Our energy levels are increased allowing us to make better lifestyle decisions like cooking at home, exercising or taking part in self care. Our immune system is strengthened, alertness, focus and creativity are heightened and anxiety and irritability are significantly reduced. There are many things we can do to improve our sleep hygiene, which is our habits, behaviors and the environmental factors around our nighttime routine.

Starting in the morning by helping set our circadian rhythm, getting unfiltered sunlight within the first 30 minutes of waking helps our body to produce the hormone of melatonin we need for optimal sleep. Waking up and falling asleep around the same time every day also helps our body get into a healthy sleep/wake rhythm.

Try limiting caffeine and sugar intake later in the day, I know the afternoon pick me up around 3pm is what gets you through the rest of the day but by eliminating it, your sleep may improve thus removing the need for it in the future.

Create a relaxing sleep environment, a cool, dark room free of clutter and bright light will help your body relax and know it's time to fall asleep. Consider swapping out standard lightbulbs for yellow or red ones, blue light is a key player in many people's sleep issues. The blue light tricks our bodies into still thinking it is day time.

Our minds race the most at night, consider keeping a journal on your nightstand to get all your thoughts and to dos out before bed.



2.

WORK IN MORE NUTRIENT DENSE, WHOLE FOODS

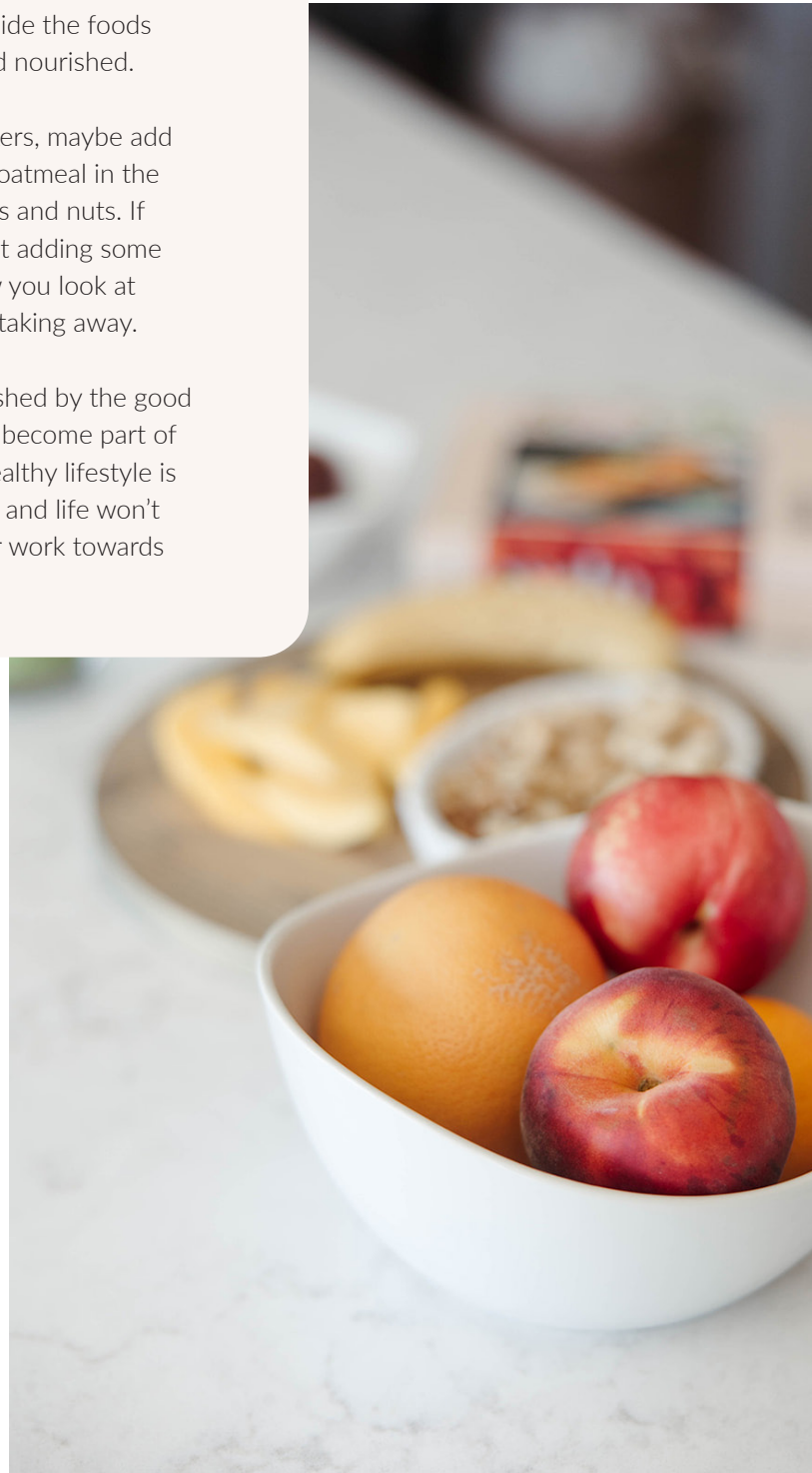
Don't look at it as taking away the foods you love, but adding more nutrient dense, whole foods into your meals. When our meals consist of fiber, fats, protein and carbs along side the foods we're craving, we are left feeling full, satisfied and nourished.

If one of your favorite snacks is cheese and crackers, maybe add some carrots and olives to that plate. If you love oatmeal in the morning, consider adding chia seeds, fresh berries and nuts. If a turkey sandwich is a go to for lunch, think about adding some avocado, micro greens and sprouts. Reframe how you look at nutrition by thinking of it as adding foods in, not taking away.

Eventually you will know how it feels to be nourished by the good food choices you've been adding in and they will become part of your regular meals. Working towards a holistic healthy lifestyle is about taking small, actionable steps. Your routine and life won't change over night, so be easy on yourself as your work towards new habits, they take time.

MY GO-TO OATMEAL

- 2/3 Cup Oats
- 1 Cup Almond Milk
- 2 tsp Chia Seeds
- 2 Tbsp Honey
- 1/2 Cup Blueberries



3.

FIND THE JOY

Find ways to include more joy and intention into your life. It's easy to fall into the trap of the day to day by just going through the motions until before you know weeks and months have passed by. Often times we define our lives by the big events and while they're important, our life is made up so much more of the little moments in between. Start to find joy in your routine and move through your days with intention. Joy can come from an external force, such as a baby smiling at us or watching a summer sunset on the horizon, or an internal source, like connecting with our memories or our values.

Regardless, joy reveals itself most often when we open ourselves up to living mindfully and fully in the present moment. Living in joy will look different for everyone but can involve slowing down, taking time for reflection or kindness, appreciating the special and common things you encounter every day, and opening yourself to unexpected encounters with feelings of pride, awe, or gratitude. Living in joy and with intention can improve our mental and emotional health as we shift our focus towards happiness and gratitude, we tend to find more of just that: happiness and gratitude.



4.

PRIORITIZE SELF CARE

Often times when we hear self care we think of an expensive spa day where we're pampered with services in a white fluffy robe and cucumber eye masks. While that does sound lovely, I'm talking about day to day self care, the small things we can incorporate to show ourselves a little love. Self care can mean a lot of things.

It can mean:

- taking 10 minutes before your shower to dry brush or gua sha for lymphatic drainage
- saying no to plans when you feel your social battery is running on empty
- or saying yes to plans when you're in an off mood and you know being surrounded by loved ones would make you feel better

Self care can mean watching the way we speak to ourselves when we notice we're being unkind. It can mean buying yourself some flowers. Self care can also mean doing the things we know would be good for us but we tend to put off, like journaling our emotions, doing a meditation or having a difficult conversation that's weighing on us. When we start to treat our mind and body with kindness and love, we start to make better choices for ourselves, mind, body and spirit.





Consider taking notes! 

Keep a workout journal or use fitness apps to track your progress. Seeing improvements in your strength, endurance, or fitness level can be highly motivating.

5.

FIND MOVEMENT YOU LOVE

Physical movement is another foundational element to physical and mental health. Making time for physical activity is a form of self love and self care. Creating the time and space for it provides us with more energy, focus and strength. Finding movement that you actually enjoy is critical to making it an every day part of your life. You know yourself better than anyone else, if that 60 minute HITT class sounds dreadful to you, it probably will be, I mean go ahead and try it out, but if you don't love it, move on to something else.

Maybe daily walks with a friend are more your speed, or yoga or pilates workouts in the comfort of your own living room. Perhaps you enjoy weight lifting in the gym, whatever it is, make sure you thoroughly enjoy it and it doesn't become another nagging "to do" on your list. It's also important to remember that exercise does not need to be all or nothing, if you don't have time to attend your hour group class, maybe you have time for a 15 minute at home routine, or a quick bike ride.

Moving our bodies daily is like nourishing ourselves with real, whole foods, once we know how energizing and good it can feel to do it in a way we love, our bodies start to crave it.

SMALL HABITS = BIG CHANGES

In all these tips I hope you've noticed a theme, creating small healthy habits that are built into your routine is what living a holistic healthy lifestyle is all about. It's about the little things we do day to day do that make up who we are and how we treat ourselves.

It's not all or nothing, you are on a journey that never ends, we're constantly working on ourselves, growing, learning and changing. Be kind to yourself along the way and shift your focus onto attainable goals that make you feel your best.



*Looking for
more tips?*

GET IN TOUCH TODAY!

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