

#LiveHealthyNOW 30 WELLNESS TIPS

Daily inspiration from celebrity fitness expert Gunnar Peterson and nutrition expert Dawn Jackson Blatner.



There is no fitness anniversary

The sooner you start, the sooner you are where you want to be. Map out a plan, take the #LiveHealthyNOW pledge and start feeling better about your health today. Workout #1 is calling your name!

TIP 1 FROM GUNNAR PETERSON



Don't let the scale control your mood

Focus on how you feel every day instead, and maybe weigh yourself once a week or once a month even. Remember that fitness, diet and lifestyle habits all work together to help you achieve your goals. This should include taking high-quality supplements to support your active lifestyle. Some of my favorites are NOW® Sports HMB and Sports Omega with CLA.

TIP 2 FROM GUNNAR PETERSON



Keep a tally of how much water you drink today

Aim for at least 72-100 ounces each day. Your whole body feels and works better when you're well hydrated. Need some help? Add some flavor boosts with BetterStevia® liquid sweeteners, like Coconut, Pomegranate Blueberry or Tropical Fruit flavors.

TIP 3 FROM DAWN JACKSON BLATNER



Practice "delicious monotony"

Choose a few of your favorite healthy meals each week, and then put them on repeat. Instead of having lots of variety, repetition helps decrease the time it takes to plan, shop, and prep.

TIP 4 FROM DAWN JACKSON BLATNER



Mix your resistance training (weights) and your cardio

In the big picture, find a balance that makes you happy. On a more micro level, vary your intensity from modality to modality every couple of weeks. Focus more time/intensity on cardio and give the weights a cameo role and then flip flop. Did you try #LiveHealthyNOW Workout #2 yet?

TIP 5 FROM GUNNAR PETERSON



Focus on chewing every bite of food 15 times today

Chewing well improves digestion and can help naturally decrease portions. For added digestive support, take one NOW® Super Enzyme capsule with every meal.*

TIP 6 FROM DAWN JACKSON BLATNER



Actually stop and smell the roses

Find flowers outside or in a store and smell them, or diffuse them with NOW's Bottled Bouquet Essential Oil Blend. Taking time to appreciate small joys increases happiness.

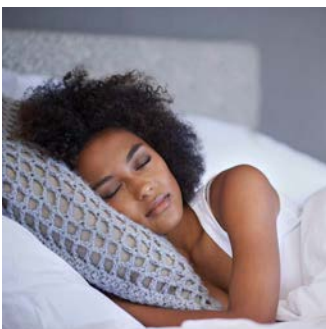
TIP 7 FROM DAWN JACKSON BLATNER



Challenge yourself with single-limb exercises

Make at least three of the exercises in your routine single-limb for the next two weeks. Example: Single-leg deadlifts, single-arm bench press, etc. Believe me, you'll feel it! That's why it's important to let your muscles and joints recover properly before tackling the next workout. NOW® Sports Recovery Factors™ is a smart addition to your daily supplement routine.

TIP 8 FROM GUNNAR PETERSON



Focus on sleep

I mean, really focus. Get eight hours of SLEEP (not just being in bed) every night for a week. It's definitely not easy, but there are some natural solutions to help you relax, like diffusing NOW® Solutions Peaceful Sleep Essential Oil Blend or even taking a dropper full of NOW® Liquid Melatonin before you hit the sack.*

TIP 9 FROM GUNNAR PETERSON



Super snack swaps

Stock up on portable options like dried fruits and nuts for snacking. One awesome option that has them both in one healthy bite is NOW Real Food® Cran-Blueberry Crunchy Clusters™. Loaded with cashews, pistachios, dried blueberries and cranberries, they're the perfect balance of sweet and salty natural goodness plus protein to keep you full.

TIP 10 FROM DAWN JACKSON BLATNER



Add 'dessert' to your workouts

I do this with clients and they love (hate) it! After the workout is done, I add one thing or a 2X2. Example: a one mile stationary bike ride or run. Or a half mile ride with a one minute plank, repeat both. Get creative, but give yourself that extra push. And if you're feeling the burn, massage NOW® Solutions Arnica Warming Relief Massage Oil or Joint & Muscle Cream into tired, overworked muscles.

TIP 11 FROM GUNNAR PETERSON



Drink water first

Drink 16 ounces of water first thing in the morning for a week and notice the difference in how you feel AND perform. Pair that with a healthy breakfast and daily multivitamin to ensure you're starting the morning off with the nutrients you need. My faves – NOW® ADAM™ for men and NOW® EVE™ for women.

TIP 12 FROM GUNNAR PETERSON



Drink good bacteria today

Try a bottle of kombucha (fermented tea), a cup of kefir (drinkable yogurt), or support healthy gut bacteria by adding a NOW® Probiotic-10™ drink packet into a glass of water or juice.*

TIP 13 FROM DAWN JACKSON BLATNER



Get a workout partner

Buy your best friend or spouse a membership to your gym or workouts with your trainer, or classes that you take for a month and then go to theirs. No whining, just try it! It'll keep you from plateauing in your fitness routine and it's a lot of fun.

TIP 14 FROM GUNNAR PETERSON



Up your protein

Double your protein intake only at dinner for a week. Protein-rich grains, like quinoa, are an easy way to do this and can also substitute for less healthy starches, like rice. Try Ellyndale® Q Cups™ – quinoa in a cup! – for a side dish that's ready to eat in just five minutes!

TIP 15 FROM GUNNAR PETERSON



Have a vegetarian day today

Swap meat and poultry for plant proteins like beans, quinoa, lentils, nuts, and seeds. Quinoa and Chia Sliders, anyone?

TIP 16 FROM DAWN JACKSON BLATNER



Gargle with water after brushing your teeth

This helps decrease bad bacteria in your throat and improves overall oral health by maintaining the natural defense system of the main entry point of the body. NOW® OralBiotic® Lozenges can also promote healthy oral bacteria.*

TIP 17 FROM DAWN JACKSON BLATNER



Add in exercise-specific intervals

Try exercise-specific intervals during your workouts for 2-4 weeks. Every 2-3-4 sets, add 100 skips on a jump rope or a set of 20 crunches/push-ups/body weight squats. P.S. – If you need a boost to push yourself to the extreme, add NOW® Sports Energy Extreme into your nutrition regimen. The unique nutrient blend plus naturally occurring caffeine can help promote sustained energy production and mental alertness.*

TIP 18 FROM GUNNAR PETERSON



Hydrate before you eat

Drink 24 ounces of room temperature water 15 minutes before you sit down to dinner. You will quell your appetite (cold water stimulates appetite) and register 'full' sooner.

TIP 19 FROM GUNNAR PETERSON



Go green

Buy a new flavor of green tea and enjoy a cup hot or iced. Green tea is nature's own five-hour energy boost. Tea naturally contains caffeine for energy and theanine for focus.* Not a huge tea fan but still want to reap the health benefits? Try it in a concentrated form with this NOW® Green Tea Extract supplement.

TIP 20 FROM DAWN JACKSON BLATNER



Clear out the cabinets

Clean out old plastic containers from your kitchen. Anything old or discolored can leach unhealthy compounds into food. Glass storage is best.

TIP 21 FROM DAWN JACKSON BLATNER



Add angles to your abs

During your next ab/core workout, add hip bridges and/or rotations. Challenging the musculature in different planes of motion is key for optimal development. Blast your abs in Workout #4 with seated dumbbell rotations and bicycle crunches.

TIP 22 FROM GUNNAR PETERSON



Swap your salad dressing

Instead of dressing, use Ellyndale® Avocado Oil and vinegar, or even NOW® MCT Oil, on salads. Numerous studies suggest that substituting MCT Oil for other fats in a healthy diet may help support healthy weight and body composition.*

TIP 23 FROM DAWN JACKSON BLATNER



Refuel and recharge

Remember to eat a protein-rich snack within 30 minutes of your workout to refuel and recharge. And make sure you get a good night's sleep, a major component of recovery. NOW® ZMA® can help with a vitamin and mineral trifecta of zinc, magnesium and vitamin B-6 that helps optimal recovery, from replenishing electrolyte balance to supporting tissue repair.*

TIP 24 FROM GUNNAR PETERSON



Supercharge your oatmeal

Add nuts and seeds to increase healthy fat, protein and fiber, and cinnamon for a sweet taste without sugar. For a sensational seed boost, try NOW's Triple Omega Seed Mix or Organic Hemp Seed Hearts.

TIP 25 FROM DAWN JACKSON BLATNER



Switch up your cardio

Try a different cardio machine every two workouts for your 30-60 minute cardio session. You are doing cardio, aren't you? #LiveHealthyNOW Workout #5 is a killer cardio challenge.

TIP 26 FROM GUNNAR PETERSON



Give a compliment

You're really amazing! Compliment someone today. Making someone else feel good makes YOU feel good.

TIP 27 FROM DAWN JACKSON BLATNER



Don't skip dessert

Don't give up dessert; you'll just want it more. Have a small dessert every night for a week then NO dessert for 2 weeks, then repeat. You'll look forward to having it again and work harder to do so. And if you need that chocolate fix in between, sprinkle a few NOW Real Food® Cacao Nibs into your yogurt or even grab a few from the bag as a nutrient-rich snack sure to satisfy!

TIP 28 FROM GUNNAR PETERSON



Eat more kale

Try a kale smoothie, kale chips, sautéed garlic kale, kale burger, or kale salad. No kale? Eat spinach. Try NOW's Green Chia Smoothie recipe for a hearty dose of your leafy greens.

TIP 29 FROM DAWN JACKSON BLATNER



Add this bedtime ritual

End every night with hot mint tea, like NOW Real Tea® Ginger Mint Comfort Tea, and a small piece of dark chocolate. It will help signal “doneness” to stop night munchies and get you into a mode of relaxation before bed.

TIP 30 FROM DAWN JACKSON BLATNER

