



MY LIFE JOURNAL

VOLUME 1

HEALTHY
HABITS



Acknowledgments

I feel truly blessed with the work I do every day. It is an honor for me to be able to put my knowledge and my heart at your service. Thank you to everyone who has trusted us during our career.

Special thanks to my family for always accompanying me in this boat of life.

To the SALUD team for their contribution and dedication to the mission of helping the community and the commitment to provide the best services.

To you who allow us to reach your homes through advice, remedies, diets and supplements, thank you for trusting us and allowing us to be part of your family.
Sincerely,

Dr. Rigo and the SALUD Team

THE NEW FIZ BOOK

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7 HABITS THAT WILL CHANGE YOUR LIFE IN 21 DAYS

INTRODUCTION

You may have heard that human beings are creatures of habit. But what are habits?

Psychology defines habits as any behavior learned through repetition, the same **behavior that is performed habitually and automatically without thinking about it.**

A habit is a basic element of human learning. In the early 1990s, a group of researchers at MIT discovered that the brain tends to form habits to spare itself effort: when our brain automates certain processes, it allows us to occupy our attention and memory on new things that are more important for our development!

And why 21 days?

21 days is the time needed for one of our behaviors to begin to change. It is important to be constant because the formation or change of a habit requires time, practice and perseverance. During these 21 days you will achieve changes that will gradually lead you to cause a great positive impact on your physical and mental health.

During the process of creating this Ebook we asked our clients about their habits and concerns about them. Our goal is to provide you with answers and ideas on how to change your habits to healthier ones.

Based on our research we have prepared for you 7 habits that will change your life in 21 days.

Our first step was to conduct a survey, from which we share with you our findings:

- 52.9% of the people surveyed think their overall health could improve.
- 68.6% are concerned about their current state of health. Mostly, they are concerned about the following conditions:

High cholesterol

Constipation

Overweight

Acne

- Only 21.6% of the surveyed population eats vegetables at least 2 times a day.
- 47.1% drink less than 5 glasses of water per day.

In addition to these figures, we identified a widespread concern for skin problems (such as dry skin), diabetes and sleep disorders.

Based on our findings we have created this material that will guide you for 21 days to start looking and feeling better.

We want to motivate you to take control of your health and habits!





IMPORTANT ASPECTS FOR THE EFFECTIVENESS OF THE GUIDE

We have created this manual for you. It's up to you:

1.- COMMIT:

Making the decision to change your lifestyle and become healthier is a big step. Start by making a commitment to yourself.

Many people find it works to write out their commitment in a written contract. This contract, for example, can include such things as the amount of weight you want to lose, the date by which you want to have lost it, the changes in your body that you want to have achieved by the end of the program, and so on.

It may also motivate you to write down the reasons why you want to make these changes. It may be that your family has a history of heart disease and you want to minimize the risks.



You may want to age healthily to see your children get married. Or you may simply want to look better in your clothes. All reasons are valid!

Keep yours in sight as a daily reminder of your reasons for making a change

2.- BECOME AWARE OF YOUR CURRENT STATE:

In order to recognize your progressive changes during the 21 days, we have prepared a chart for you to keep a weekly record of your measurements (see chart #1). You will also find a space to write down any recipes or foods you want to remember.

In addition, we've included a chart where you can write down how long you exercise each day, what type of exercise you do, and how you feel about it (see Chart #2).

3.- SET REALISTIC GOALS:

When starting this program we suggest that you evaluate your current habits and set some smaller goals that will support you in achieving your main goals. For example, if you are used to eating vegetables only at dinner, a realistic minor goal might be to include vegetables in your lunches on Mondays, Wednesdays and Fridays.

Focus on two or three goals at a time - and remember! Keep your goals:

- Concrete
- Realistic
- Comprehensive (human beings are not perfect, and that's okay).

For example, "to exercise more" is not a concrete goal. But "to walk 15 minutes, 3 days a week during week 1" is. Keep in mind that small changes made daily will bring big results in the long run. Also remember that realistic goals are achievable goals.

As you reach your smaller goals day by day, you will feel motivated to continue.



Conversely, setting unrealistic goals (such as losing 20 pounds in 2 weeks) may bring you feelings of defeat and frustration. Being realistic also means being aware that there may be setbacks, which occur when we stray from our plan for any reason, such as a holiday or one where we have to work longer hours than usual. If this is the case, that's okay! Try to resume your plan as soon as possible. Keep in mind that everyone is different: what works for some, doesn't work for others.

4.- GET SUPPORT FROM A SUPPORT GROUP:

We invite you to join our private **Facebook group**, where Dr. Rigo and the rest of our team will be offering information, answers and recipes that will support your process. It is important that you don't feel alone, invite friends, neighbors, co-workers and family to join this challenge with you! It will motivate you and them.

We also recommend that you keep in mind the goals you set in step 3 and evaluate your progress on a regular basis. Chart #3 is going to support you with this objective.

Consider the following:

For example, if you set a goal to walk every morning but find it difficult to walk before work, consider walking at lunchtime or after work. Evaluate which parts of your plan are working and which parts need adjustments. Then rewrite your goals and your plan according to this evaluation.

If you notice that you are consistently achieving your goals, continue to add new goals to stay on track for success.

And reward your accomplishments!

Take pride in your progress. Set a reward for yourself if you achieve your goals after 21 days.

We're confident you will!



NOW, LET'S DEFINE WHAT YOUR FIRST STEP WILL BE TO GET STARTED. LET'S IDENTIFY WHAT YOUR PRIMARY NEEDS ARE:

| ¿Do you suffer from... | YES | NO | If your answer is "yes", start the program by implementing these habits: |
|------------------------|-----|----|--|
| Cholesterol? | | | <ul style="list-style-type: none">• Drink 8 glasses of water a day.• Do 30 minutes of physical activity at least 4 times a week.• Include fruits and vegetables in at least 2 of your meals every day. |
| Constipation? | | | <ul style="list-style-type: none">• Drink 8 glasses of water a day.• Do 30 minutes of physical activity at least 4 times a week.• Include fruits and vegetables in at least 2 of your meals every day. |
| Overweight? | | | <ul style="list-style-type: none">• Drink 8 glasses of water a day.• Do 30 minutes of physical activity at least 4 times a week.• Include fruits and vegetables in at least 2 of your meals every day.• Reduce your sugar intake. |
| Diabetes? | | | <ul style="list-style-type: none">• Drink 8 glasses of water a day.• Do 30 minutes of physical activity at least 4 times a week.• Reduce your sugar intake. |
| Lack of sleep? | | | <ul style="list-style-type: none">• Do 30 minutes of physical activity at least 4 times a week.• Reduce sugar consumption.• Frequent consumption of fish. |
| Skin alterations? | | | <ul style="list-style-type: none">• Drink 8 glasses of water a day.• Include fruits and vegetables in at least 2 of your meals each day. |

IMPORTANT:

Be sure to answer this [quiz](#), which will help you find out, depending on your objectives, which of our products best suit your needs.





LET'S TALK ABOUT HEALTHY HABITS!

Remember:

A healthy habit is that behavior or conduct we engage in that positively affects our physical, mental and social well-being.

In general, healthy habits refer to choices about food, hygiene and physical activities.

In this ebook we present the **first part** of our compilation of habits that will help you live a healthier life.

Stay tuned to your email so you can download the three volumes that we will send you for free.

Collect them all!





HEALTHY HABITS

1) DRINK 8 GLASSES OF WATER A DAY

**Tip: start by drinking 5 glasses a day and work your way up. You can add fruits such as diced strawberries, orange or cucumber slices or herbs such as mint, which will give your drink a delicious flavor!*

Every cell that makes up the human body requires water to live and complete its functions. Therefore, maintaining an adequate level of hydration is extremely important to carry out each of our basic functions (hydration" means the action of absorbing liquids by various means, in a continuous and permanent manner).

Keep in mind that a person is capable of losing fluid just by breathing, even when at rest! Preventing fluid imbalance is critical.

The organs are always consuming the fluid found in the tissues. Think about when you feel thirsty. What is the feeling you get? That's your body telling you that your fluid level is insufficient to function properly.



The body's fluid intake never stops, even when we sleep. That's why the supply of fluids to replenish reserves must be continuous and plentiful.

5 benefits of staying hydrated

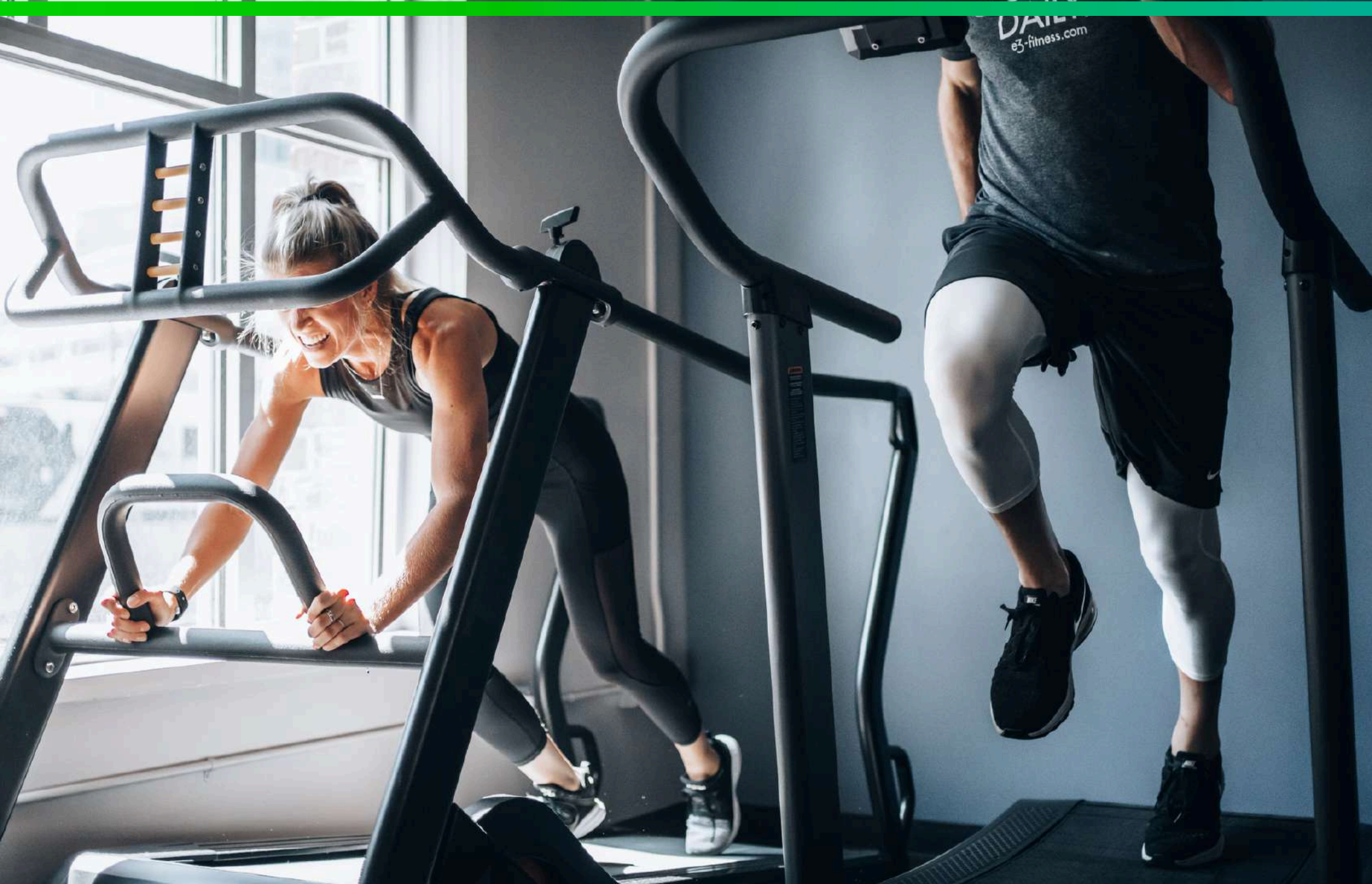
1. It facilitates the oxygenation of brain cells and allows the brain to remain active to perform all its actions.
2. It is of utmost importance in the digestion of food. When the body is dehydrated, constipation is common.
3. Adequate hydration is necessary for the proper functioning of the kidneys. They control the body's water level. They are responsible for stabilizing the levels of sodium, potassium and other electrolytes by regulating urine.
4. It acts as a lubricant in the muscular structure and in the structure of the joints. A good level of hydration is essential for our muscles to carry out their functions properly, avoiding inflammation and pain.
5. Ingesting plenty of water and healthy liquids helps to keep body tissues moisturized, helping to preserve the flexibility, softness and proper color of the skin.

CONCLUSION

Staying hydrated will help you avoid constipation, improve your muscle and joint functions, regulate your kidney functions and maintain the elasticity of your skin.

Try to increase your fluid intake by half a glass a day until you make a habit of maintaining optimal hydration levels.





HEALTHY HABITS

2) DO 30 MINUTES OF PHYSICAL ACTIVITY 4 DAYS A WEEK

The World Health Organization (WHO) defines "physical activity" as any bodily movement that involves energy consumption. This includes sports, exercise and other activities such as playing, walking, housework, gardening and dancing.

Any of the above activities, whether for work, commuting (walking or cycling) or as part of recreational activities, have many benefits for your health.

And what are these benefits?

1. Improved cardiovascular function

Practicing physical activity helps prevent heart disease because it improves our blood circulation, better transporting oxygen to every part of our body.



2. Supports the improvement and stabilization of arterial hypertension and diabetes.

Physical activity helps stabilize blood glucose levels, hence the importance of physical exercise for patients with diabetes!

3. Decreases depression

Integrating physical activity into your life leads to an increased production of serotonin: the hormone of happiness! Therefore, if you practice physical activity frequently you will see improvements in your mood, stress regulation and self-esteem.

4. Improves sleep quality

Maintaining a more active lifestyle also affects your ability to relax and sleep better. The energy depletion that occurs after exercise helps stimulate recovery processes during sleep, helping to reduce insomnia and other sleep disorders.

WE HAVE SOME TIPS FOR YOU!

If you are not motivated to start the practice of going to the gym or performing high-impact exercises, here are some ideas that you can implement in your daily routine:

- Ditch the elevator! Making a habit of going up and down stairs, even if you do it slowly, will be beneficial for you.
- Walk a little more. You can start by walking to the grocery store or walking your dog for 10 minutes more.
- Dance! Take the opportunity to play music while doing household chores and move your body. Half an hour a day is enough.



- Ride a bike. Besides being a nice activity to practice as a family, it's a great exercise.
- Play with your kids. Certain games, like jumping rope or playing ball, involve great physical mobility. Have fun!

CHARLES M. SCHULZ

CONCLUSION

You don't need to become a high-performance athlete overnight. Try to increase your level of physical activity to 30 minutes at least 4 times a week - it will be enough to bring you great benefits!





HEALTHY HABITS

3) REDUCE YOUR SALT INTAKE

Surely you have heard that everything in excess is harmful. But do you know what happens when we consume too much salt? It causes the arteries, which carry blood through the body, to lose elasticity and become more rigid, making the work of the heart and kidneys more difficult.

Arterial hypertension itself is the cause of hypertensive crises, which cause up to 5% of deaths from cardiovascular diseases.

Therefore, it is important to reduce our salt intake on a daily basis. Making small changes in your habits, such as not bringing salt to the table during your meals, can help you achieve this.



Keep in mind that if we exceed the recommended daily sodium limit, the kidneys are the first to be affected. They are responsible for regulating fluids and ensuring optimal blood flow, so their malfunction can lead to high blood pressure, heart attacks and strokes.

Here are some ideas on how to reduce the use of salt in your meals:

1. Avoid bringing salt to the table.
2. If you are going to add other seasonings to your food, don't add salt.
3. Use more raw vegetables and fruits in your meals.
4. Try the natural, unsalted taste of food - you may find new flavors you like!
5. Avoid eating processed products.
6. Choose "low sodium" products.

CONCLUSION

Make use of these tips to reduce your salt intake gradually - it will make it easier!



CONCLUSION AND TOOLS

Finally ...

Remember that it is not necessary to implement all these changes overnight.

We recommend you review the complete guide to identify where you want to start according to your current lifestyle and goals.

By consciously implementing these new habits into your daily routine, you may notice an:

- Improved constipation.
- Improved cholesterol levels.
- Improved blood sugar levels.
- Decreased weight.
- Improvement of inflammation and skin alterations.
- Improved blood pressure levels.

We hope that whatever your needs and goals are, this ebook will motivate you to change your lifestyle for the better.

Remember that your results depend on your level of commitment and discipline!*

*SALUD is not responsible for the results of those who apply this guide.



TOOLS

TABLE #1 MEASUREMENT CHART.

Remember to take your measurements every week at the same time, preferably in the morning and making sure you have an empty bladder.

| Measurements | At the moment of starting | First week | Second week | Third week |
|---------------|---------------------------|------------|-------------|------------|
| Height | | | | |
| Weight | | | | |
| Neck | | | | |
| Chest | | | | |
| Waist | | | | |
| Hips | | | | |
| Right forearm | | | | |
| Left forearm | | | | |
| Right thigh | | | | |
| Left thigh | | | | |



TABLE #2 TABLE TO WRITE DOWN THE PHYSICAL ACTIVITIES PERFORMED.

Remember that our recommendation is to exercise a minimum of 30 minutes a day for 4 days a week. Some of the suggested activities are walking, yoga, pilates, boxing, swimming, biking, climbing stairs, dancing and playing with your children.

Choose your favorite activity!

| | | | |
|-----------|------------|-------------|------------|
| SUNDAY | | | |
| SATURDAY | | | |
| FRIDAY | | | |
| THURSDAY | | | |
| WEDNESDAY | | | |
| TUESDAY | | | |
| MONDAY | | | |
| | FIRST WEEK | SECOND WEEK | THIRD WEEK |



TABLE #3 SET 3 TO 5 GOALS THAT YOU WANT TO ACHIEVE IN THESE 21 DAYS AND KEEP TRACK OF YOUR PROGRESS.

| | Specific, realistic and comprehensive goals | Progress week 1 | Progress week 2 | Progress week 3 |
|---|---|-----------------|-----------------|-----------------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |



SOURCES AND RESOURCES:

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