



MY LIFE JOURNAL

VOLUME 3

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

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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 **third and last part** of our compilation of habits that will help you live a healthier life.

Did you collect them all?





HEALTHY HABITS

6) EAT FISH FREQUENTLY

Fish is a food with as much protein as meat. It is also rich in vitamins and minerals and some varieties are an important source of Omega 3, the fatty acids that most benefit our cardiovascular health.

Fish consumption is part of a balanced diet and its ideal intake for an adult person is 3 or 4 servings a week (1 serving = 125 -150 g.). It is a very complete food that provides us with proteins of high biological value, vitamin D and vitamins of the B group, as well as iodine, potassium, iron and calcium.

Studies have even shown the relationship between the consumption of oily fish (sardines, mackerel, tuna, bonito, swordfish, salmon, herring, anchovies, horse mackerel...) and the prevention of cardiovascular diseases. This type of fish is an important source of Omega 3 fatty acids that reduce cholesterol levels and slow the process of accumulation of fatty plaque in the arteries. They also promote the proper functioning of the cognitive system.



6 benefits of adding more fish to your diet:

1) Helps improve your brain health.

Fish consumption helps achieve optimal brain cleansing, decreasing the risk of age-related deterioration. It also increases the production of chemicals that promote the overall well-being of our mind, strengthening memory, cognitive skills and emotional balance.

2) Protects eye health.

Eating two or three servings of fatty fish a week can reduce the risk of ocular degeneration by up to 42%, mainly in women.

3) Helps strengthen the immune system.

Its high content of vitamins and minerals protect the body from harmful pathogens and increase the response of antibodies against recurrent diseases.

4) Helps to gain muscle mass.

Regular consumption of oily fish is an excellent complement to increase muscle mass. Its contribution of high quality proteins, together with its essential fatty acids, strengthens muscles and improves physical performance.

5) Improves sleep quality.

The omega-3 fatty acids, vitamin D and antioxidant compounds in oily fish increase the secretion of chemicals that cause sleepiness. Thus, they help to fight insomnia in a natural (and effective) way.

6) Prevents cardiovascular diseases.

Regular consumption of oily fish is one of the most advisable habits if you are looking to protect and improve your cardiovascular health.

CONCLUSION

By consuming fish 3 - 4 times a week, you will be getting a healthy source of essential fatty acids, high quality proteins and antioxidant substances that will provide many benefits to your body.





HEALTHY HABITS

7) TAKE COLD SHOWERS FOR 15 SECONDS DAILY

Several studies claim that taking a cold shower every day has several health benefits.

Why?

Cold water, when it comes into contact with the skin, generates a shock for the organism. As a result, the body reacts by triggering a massive stress response that causes the heart rate to rise, blood circulation to increase and adrenaline to be released.

It is not for nothing that the benefits of cold showers are a centuries-old grandmother's myth.

These are the benefits proven by science:

1) They improve the immune system.

Cold showers shrink the entire body, significantly improving the lymphatic system, the one in charge of fighting infections.



2) Improve circulation.

Cold water increases the heart rate and flexes the muscles, which fill with blood, as well as the vital organs. All this significantly improves circulation.

3) Improve mood.

Cold showers release chemicals in the brain that improve mood, decrease anxiety and stress and fight depression. They also improve sleep quality!

4) They improve the appearance of the dermis.

Hot water opens your pores; cold water closes them. Closed pores improve the appearance of your skin.

5) Increases your energy.

After the activation of the nerve endings of your skin when in contact with cold water, you will perceive a considerable increase in your energy levels.

6) Improve the appearance of your hair.

Cold water also increases shine and prevents hair loss.

7) They speed up metabolism.

Cold showers will speed up your metabolism and consume calories. This happens because your body will strive to keep your body temperature stable.

CONCLUSION

Contact with cold water has multiple advantages for our organism.

Some of these benefits can be seen immediately after your cold shower, such as increased energy. Others will be less visible unless there is a habit or a certain regularity, such as a boost to your immune system.



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				



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