



# 5 VITAL STEPS FOR OPTIMAL HEALTH





Hello and welcome!

As a Fitness Professional and Holistic Health Coach, I have a unique way of approaching health and wellness. I will not give you a diet plan and wish you well. What my job involves is looking at all the different areas of your life, in addition to the food on your plate, to help create the plan that will bring you success.

I want to help you to say that final goodbye to diets. Yes, you heard me - we are going to ditch them forever because as of this moment I am going to begin sharing with you my secrets and tips to achieve the health, vitality and weight that you, like so many others, have probably been chasing after for years.

I hope you are ready to learn and implement my 5 Simple Tips for achieving a Body that LOOKS AND FEELS FABULOUS, no matter what age you are! Are you ready for the good news now?

The good news is that we are never going to talk to each other about calories, or measuring out those carbs, fats, and proteins. We are not going to say the words diet, restriction or deprivation. Instead, you and I are simply going to change your personal relationship with food.

I don't believe a healthy relationship will ever exist between my clients and their plates if they are living with lists of restrictions, labeling food choices as good or bad, or if they are generally not enjoying themselves and feeling energized and radiant. I work with my clients to create their happy, healthy life in a way that is flexible, fun and rewarding. I work on the relationship and make it stronger, better and more productive.

If you are ready to ditch the diets, look at food in a new way, and learn all my secrets for looking and feeling fabulous then you are in the right place. I am thrilled to have you here.

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MY MISSION IS TO GET YOU HEALTHY FROM THE INSIDE OUT

## IS THIS YOU?

Every day you wake up saying, “Tomorrow is the day I am going to lose the weight.” Or, “Next week I am going on that diet my friend told me about.” Maybe you think, “I am going to watch that weight loss challenge show and get inspired.” Or possibly, “Maybe I will call that weight loss company that sends out the packaged food...”

IS this you, saying “diet” and “weight loss” in your head, on repeat? Do you promise yourself everyday when you look in the mirror that *tomorrow* will be the day? And what usually happens? Well, *tomorrow* never really shows up. So here is the good news for you – forget *tomorrow*; TODAY is your day!

You are busy. I am busy. We all live a busy life. We may not all have the same story but I promise you that I know this one thing to be true. The fact that this busy pace will never really slow down is the reality we have to face. So, waiting for the perfect moment to get our health and our lives in order is not a plan that will succeed. As I said, I am a busy person too and I know what it feels like to make promises to myself about tomorrows that I cannot keep. I used to be standing in your shoes. I know those shoes, they are tired, confused and fed-up. Guess what? I changed shoes.

## THIS WAS ME

I was the gal who they used to call “CANDY GIRL” because I always had some sort of candy in my purse or in my mouth. I ate what ever I wanted and never realized or made the connection that what I was eating was making me feel so bad. In high school I came down with Mononucleosis not once but twice! It was so bad my parents had to take me out of school and bring me down to Florida to rest and get better.

When I went away to college it got even worse. I really started to pack on weight, the freshman 15 and then some. Going out partying and drinking did not help either. My body started to break down, I would go from doctor to doctor to see why I could not concentrate or focus and why I was always sick and tired.

Then came the chronic fatigue and Epstein Barr diagnosis. My body was screaming at me to wake up and do something.

So what the heck happened to turn my “CANDY GIRL” days into Hot and Healthy Days?

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Well after visiting doctor after doctor I finally met one who had the SOLUTION. He told me the most important thing I have ever learned CHANGE WHAT YOU ARE EATING! What? How crazy was that? No medication, No more doctors appointment, No more brain fog or chronic fatigue! It was amazing and no one had ever told me this simple fact before.

I cleaned up my diet, read everything I could get my hands on about health and nutrition. I got certified as a fitness trainer and even enrolled at the Institute for Integrative Nutrition.

During my studies at the Institute for Integrative Nutrition, I learned there was a direct link between the food I chose to put into my body and my health. I started to truly appreciate that the food choices I made were so much more than good or bad. They affected me on deeper levels. I needed to make the right choices in a broad sense (healthy/whole foods over processed junk), but also the right choices for ME. Once I began to better understand how my body reacts to certain foods and also began to incorporate new, healthy foods and enjoy creative and fun meals I realized – this game just changed! I felt energetic, happy, confident, and I was looking better, more radiant and more alive!

At the Institute I was able to study over 100 dietary theories and I also had the opportunity to study under respected teachers and leaders such as Andrew Weil, Mark Hyman, Geneen Roth and Deepak Chopra.

If you are reading this and wondering what is going to put you into your new shoes, then get ready because TODAY is the day I will share my most favored secrets with you to set you on your path to success.



# EAT TO LIVE

Eat Simple and Eat “Clean”. The more simply that you eat, the better you will feel. By eating simple combinations of foods you will not only lose weight but you will also experience and achieve the following:

- Weight loss
- Clear skin
- Mental acuity
- Reduced stress
- Increased energy
- Improved immune function
- Better digestion
- Reduced cravings

When you add foods that are green to your plate, they nourish your body and give you life. These foods strengthen your immune system, providing you with more energy. Choose greens like spinach, swiss chard, and kale to name a few; the darker the better. If you do not like your greens or you are a green newbie, then try starting this step by eating celery, cucumber and lettuce. Remember that veggies are good for you and even taking veggie baby steps is better than nothing! You will see and feel small improvements.



# SWEAT

Exercise is so important for a healthy body. Whether you are running half marathons or just working up to a twenty-minute walk around your neighborhood, move your body! The benefits of raising your heart rate and getting a little sweaty are countless and proven.

Find a form of exercise you like because it's not fun if you have to talk yourself into it every single day. Try running, walking, tennis, fitness videos, yoga, or a sign up for a new class at your gym. I always encourage variety for my clients to keep them motivated and interested.

A good all around schedule could look like: 2-3 cardio sessions per week (i.e., running, kickboxing, cycling, Zumba), 2 strength training sessions per week, and one mind/body class (i.e., Pilates, yoga or TRX).

Beginners should strive for three workouts per week, 20-30 minutes per session. Experienced, very active adults should have a goal of 6 workouts per week, 60 minutes per session. Each week should have a rest day.

Enlist a friend, it's more fun and you become more accountable if you have a workout buddy. When you hit a hard day, just put on your sneakers and tell yourself you will do ten minutes.

You might find after ten minutes you are ready for more. Remind yourself that exercise releases endorphins into your body, which makes you a happier person. Exercise also burns calories, in turn lowering your weight, which I am guessing will also make you a happier person.

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Sweating out your bodies toxins will give you more mental clarity, clearer skin, more energy and a healthier body – you got it, turning you into a happier person!



# STRESS REDUCTION

Try to practice stress reduction at least 10 minutes per day. There are many options for this activity. Just like with exercise you need to find the one that works for you. As little as 10 minutes per day of doing something to relax has HUGE health benefits.

You will be amazed by the immediate results you can achieve. A sense of calm and mental clarity are critical in a busy day to strengthen your focus and help you to make better choices for you health and well-being. Don't pass over Step Three too quickly.

I recommend clients try deep breathing exercises, sitting quietly with a cup of tea or a book (just ten minutes will make a difference here), meditation, prayer, journaling, visualization exercises, reading over personal goals you have written out, sitting outside in the sun, or going for a quick walk are just a few ideas to get you started.



# FOOD

## MY SECRET WEAPON

Food can either make you glow and give you endless energy, or it can make you feel tired, bloated and generally blah.

So my #4 secret tip is the gift of Healthy Foods & Clean Eating. Clean Eating is about giving your body a rest from the typical foods that you eat everyday. I call this my secret weapon or a Mini Reboot.



## MINI REBOOT

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# MINI REBOOT MENU

## *Upon waking:*

drink warm water with  
the juice of a lemon



## BREAKFAST

Smoothie called **PEACE IN A CUP**

Combine in a blender:

- 1 banana
- 1 cup unsweetened almond milk/rice milk/coconut milk or water
- 1 tablespoon ground flax seed
- Large handful of spinach
- 1 cup frozen berries
- 1/4 teaspoon cinnamon
- Splash of vanilla
- Ice (optional)

## SNACK

Green apple & 10 almonds or walnuts

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# LUNCH

Spring Mix Salad with Chicken or 1/2 cup of beans

- 6 ounces mixed baby greens (try red leaf lettuce, spinach or arugula)
- 2 oranges
- 1 cup raspberries
- 1/4 cup pumpkin seeds

Place the greens in a large bowl and top with orange sections, raspberries and seeds and toss with simple dressing of olive oil, lemon juice, salt and pepper. Add 4 ounces of grilled chicken or 1/4 cup of beans.

# SNACK

4 ounces of coconut water & 2 tablespoons hummus with raw vegetables

# DINNER

Tomato Weight Loss Salad

- 1 cucumber, diced
- 2 cups mixed greens
- 1 raw beet, grated
- 1 medium tomato, diced
- 1 can of artichokes, drained and rinsed
- 1 small bunch cilantro
- 1 avocado



Toss all the ingredients in a bowl and top with 4 oz of grilled chicken or salmon. Serve with balsamic dressing or toss drizzle lemon, olive oil & sea salt.

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## 5. BE A LABEL DETECTIVE

For the next week, before you eat something from a package or put something into your shopping cart I want you to READ THE LABEL.

If you see a list of ingredients you cannot pronounce, let alone spell – put it down and walk away. If your grandmother would not recognize those ingredients, put it down and walk away. So many foods have pretty packaging with nice words like ‘healthy’, ‘low-fat’, and ‘whole grain’. Unfortunately, that is just the marketing. The truth resides in that food label. All of those man made chemicals and additives are keeping you from attaining your goals.

Most healthy, whole foods do not come with labels at all – think fruit, vegetables, proteins. This is where the fuel for your body is. Start with the labels and see how your choices become clearer and clearer.

# ABOUT LAURA LONDON



**Laura is a Lifestyle coach, holistic nutritionista and fitness specialist.**

She is also the author of the Hot and Healthy Body. Since overcoming Chronic Fatigue Syndrome, Epstein Barr Disease, and a chronic back issue, Laura has reinvented, not only her health, but also her life - in her 40's. She is here to show you that you can do it too!

Laura has become an inspiration to women across the globe with her down-to-earth personality and her simple, easy-to-follow health advice and workout routines

Find out more about Laura on her web site:

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