



Title: HOW DIET AND EXERCISE ARE DESTROYING OUR HEALTH AND WHAT YOU CAN DO INSTEAD

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INTRODUCTION:

In 2018 I decided that in order to get myself healthy again I needed to start a new diet, and a new exercise plan. Only months later did I realize that diet and exercise were killing me.

Because of my two dimensional focus, I developed a heart condition that required surgery, and It was no longer possible to do what I was used to doing. My life had changed because I didn't know what I didn't know, and the things I was focusing on were creating more problems than solutions. A shift had to happen in the way I viewed health, and I got it.

Often we see health and sickness from a pendulum-type point of view, thinking that “healthy” is on the other side, not taking time to consider the strength that comes from balance.

What I realized, and hope for you today is to understand the limits and dangers of focusing on diet and exercise alone, and the science-based factors that are just as important as those two, in creating a healthy lifestyle.

For too long, we have been developing and creating a society focused and obsessed with a limiting two-dimensional routine, when we know there are many more factors that are equally important to our overall health and well being, including sleep, stress, contribution, personal development, and spiritual and emotional connection. Following these incorrect yet lingering beliefs of the two-dimensional health routine leads us to develop habits and systems that are outdated and destructive because you don't know any better Yet we as a people, as a country as a world, continue to get sicker.

Why?

First, you and I have not been taught how to set, maintain and achieve health goals, especially when faced with an unsupportive environment, relationships, or unexpected challenges. We're following incorrect yet lingering beliefs that encourage you to create habits that are incorrect and afar off, much like the horizon effect- thinking we are getting closer to success, when in reality we're never any closer to reaching it- using outdated tools because you don't know any better.

Second, we allow a select few to tell us what's right for us- creating cookie-cutter diets and exercises that may or may not work. But they don't take into consideration you or your client's background, abilities, restrictions or conditioning.

Yet what's right for us often involves money, scandals and old methods with so much error involved (like counting calories) that the integrity of your effort is compromised. There's so much confusion about what's right and wrong Without even taking into consideration what is effective and sustainable and what is not!

How do you know what's best for you, your clients, and how do you not only fit it into your lifestyle to improve and maintain health, but make it an automatic habit to enhance it?

AIM:

- Participants will explore the relationship between habits and health and the habits born of Consistency, Understanding, and Practice
- Participants will identify the missing pieces in their SOS+E factors that will help them to let go of erroneous practices and build more sustainable and consistent practices that will lead to the actual results instead of focusing on symptoms
- Participants will leave with actionable insights into making habits consistent with their understanding of the results they want to achieve, using the CUP Method

MATERIALS AND METHODS:

When you think of how to transform your health, what methods come to mind? Because it was this way for me, my guess would be a specific diet and exercise, and lots of it. It's time to leave the fad of temporary diets behind, and look for methods, habits and systems that promote a lifestyle- because life is what you choose to make it.

Using the CUP Method, during the remainder of the workshop, participants will answer questions helping them to determine their consistency, understanding and practice in their lifestyle habits- when they eat, what happens before and after, and the routines they follow when food is involved. Optimal Nutrition, along with Sleep, Stress, and *Effective* Exercise, will be the factors each participant will focus on, and create steps and strategies for application after leaving the conference.

The two last, but not least important influences in our health are the support system, and our environment. The more supportive both are in your efforts to create healthy habits, the more sustainable the framework becomes, the more likely you will be to see and experience results in your health. We'll discuss the Two Percent Progress Precept- a pattern not just for money makers, and includes the synergistic effects of adding, removing and keeping. After all, weight loss is a result of a small positive habit, intended to reach a larger goal. Weight gain is a symptom.

It is the underlying challenges that should receive the focus and repair, not the symptom if long-term results are desired.

To make a habit stick, it has to be measured, evaluated and improved- just one step better after each R&R session will create possibilities and solutions that will compound improvements over time, making your results that much more enjoyable and effective. Any time remaining will be open to questions, and an invitation to join the One Step Better Coaching Program- a transformational program to upgrade your health using a gentle one step better approach, and bringing health in harmony with your life.

CONCLUSION:

Everyone is unique and has their own personal mountain to climb. Your health should not add to the difficulty, but add strength to the ability to achieve victory. If you want to improve your health, you must develop the habits, remove the limits, add the missing pieces through guidance and accountability coaching, and use the sustainable tools and understanding that will help you be in a position so you can lift others to a higher level in their health and lives.

"You cannot lift another soul until you are standing on higher ground than he is. **You cannot** light a fire in **another** soul **unless** it is burning in your own soul." - Harold B. Lee

KEYWORDS:

Health, build healthy habits, consistency, understanding, practice, impact

BIOGRAPHY:

Amy Carter is a high-level habits, health and lifestyle coach helping women entrepreneurs upgrade their health by building sustainable habits so they can make a bigger impact in their work and their families.

As a fitness instructor for over a decade she taught exercise classes, and on the side shared healthy recipes and tips. In 2018, while certifying in nutrition coaching, she developed a heart condition that required surgery and a shift in her perspective on health. During her healing journey, she discovered the power of habits and systems like the CUP Method, and a holistic view of health with the SOS+E factors that included more than just

diet and exercise. Thriving in her personal health and family life has helped her business to grow and thrive, and she teaches other working parents, professionals, and entrepreneurs how they can do the same. For more information, about her coaching programs, courses and free resources, visit her website at: www.healthyme-healthywe.com