



What's In Your Cup?

Well With Hilary's Official Newsletter



Have you filled your cup today?

Everyone in the world needs balance in their life to live life smoothly. We all have ups and downs. Something as simple as a bird chirping and sunlight coming in through the window, can make you WANT to get out of bed and see what the day brings! And yet, waking up with the reminder that someone close to you isn't there to say hello anymore, can take the shine out of your rise on other days. But every day will be a challenge if you don't put effort into filling your cup and finding balance.

I'm not talking about that morning coffee or tea or the health boosting cup of greens. I am referring to the analogy that we are all a vessel. We are all cups!

Often, that concept of Self-Care is too much to grasp for some folks. There is a spouse to take care of, a child or children to feed, drive and run after. That job that requires your attention. The bills to pay, the parent that needs your help, a friend who needs your support today.

Self-Care Editorial

There is ALWAYS someone or something that needs our attention. And every single time we pay attention to those things we pour a little from our cup! We are giving a little bit of what is in us, the vessel, to others. I am not in any way suggesting that those things are not important or necessary, what I am saying is that if we keep pouring from our cup, eventually the vessel will run dry.

UNLESS – you manage to keep filling your cup! Every single day, we need to put a little back in the vessel! This is the analogy that I give to my clients for the importance of Self-Care. Worst case scenario, if you do a little too much self-care, your cup will run over and everyone or everything

that is needing a little piece of you will get extra! How can that be a bad thing?

It can feel selfish at first, taking time just for you, but I like to remind myself that self-care doesn't mean me first, it means me too! It means you will be able to give those people that need you, the best of you instead of what's left of you. It is hands down one of the most important components of my health coaching practice. Good nutrition, increasing your physical activity, improving your home environment, social life and relationships, and deepening your spiritual connections are all forms of self care and they are all necessary components of the journey.

You may want to find the love of your life, that perfect job or career, lose 50 lbs or find that piece of your life you feel has been missing. Those are just a few of the "destinations" my clients have come to me with. They know what they want – they just don't know how to get it! That's where I come in – I help with the journey! I provide you with tools and help you make a road map. I ask the right questions, to help you discover the answers that have been hiding inside you all along.



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You Can't Pour From An Empty Cup...Fill Your Cup Today!



Nutrition Month

During this month, we focus our attention on the importance of making informed food choices and developing sound eating and physical activity habits. Nutrition Month in Canada serves as a reminder of the impact our food choices have on our overall well-being. It's a time to explore new recipes, learn about different food groups, and discover creative ways to incorporate more fruits, vegetables, whole grains, and lean proteins into our diets.

By taking small steps towards healthier eating habits, such as meal prepping, mindful eating, and staying hydrated, we can make a big difference in our health. It's about finding a balance that works for us individually, recognizing that healthy eating is not about deprivation but about nourishing our bodies in a way that promotes vitality and longevity.

So, this Nutrition Month, let's celebrate the power of good nutrition and commit to making positive changes that will benefit not only our bodies but also our minds and spirits. Together, we can embrace a lifestyle that honors the connection between what we eat and how we feel, paving the way for a healthier and happier future.

Have you filled your cup today? (cont.)

The journey can be tough, but it can also be fun and exciting to learn new things and gain a deeper understanding of how every aspect of our life and health is interconnected. Filling your cup, one drop at a time. So I suggest you do a little bit every day to fill your cup so that next time you need to help someone or give a little more than you think you've got – you can remind yourself that your cup is full and you've got this!

May your cup runneth over!

Coach Hilary



Sleep Month

Let's come together to honor sleep health on World Sleep Day, March 15, 2024!

Sleep plays a crucial role in maintaining good health, comparable to nutrition and physical activity. It aids in memory, brain waste clearance, and overall brain health. Additionally, it supports the immune system by combating bacteria and viruses, as well as rejuvenating cells and sustaining energy levels.

However, inadequate sleep can have profound effects on health, potentially leading to obesity, diabetes, heart disease, and even mortality. It can weaken the immune system, making individuals more susceptible to infections that further disrupt sleep. Specific sleep disorders like sleep apnea and rapid eye movement behavior disorder are associated with cognitive decline, dementia, and increased stroke risk. Poor sleep can also impair judgment, reaction times, and driving abilities, similar to the effects of alcohol intoxication.

WHAT'S THE BEST WAY TO START A FITNESS JOURNEY?



Start slow and gradually increase your activity level. Consistency is key in a fitness journey, not intensity.

6 Signs You're Doing Great



You're breathing



You have a roof over your head



You're wearing clean clothes



You wish good for others



You have food on your table



You're drinking clean water

You Can't Pour From An Empty Cup...Fill Your Cup Today!



4 Pillars of Mental Wellbeing

1 Positive Connections

Nurture relationships with family, friends, and community.



2 Stress Management

Use techniques like meditation, deep breathing, yoga, or hobbies to reduce daily stress.

3 Regular Self-Care

Make time for activities you enjoy to rejuvenate your mind and body.

4 Mindful Living

Live in the present moment. Practice mindfulness daily for increased awareness and pleasure in life.

New!!!

Monthly Membership Group \$20/month

This Monthly Membership Group is a special member's only space on the Well With Hilary Website that will provide clients with a platform loaded with tools, resources and videos on all areas of focus in my wellness practice. Tip sheets, trackers, recipes, calendars, planning tools and so much more to help keep you accountable on this journey you are on to your best life! Members will also have the opportunity to join in monthly group coaching sessions and be able to participate for free in 1 or 2 5-10 day group challenges a month and all members will get deep discounts on regular priced programs and courses, a monthly member newsletter, and receive special offers to participate in pilot programs when I am working on beta programs!

Did You Know?



Not all fats are bad for you. Monounsaturated and polyunsaturated fats, found in foods like avocados, fish, and nuts, can help reduce bad cholesterol levels and provide nutrients essential for brain function.



Well With Hilary
Sugar Savvy Blood Glucose Bootcamp

This 28 Day Virtual Coaching Program will provide clients with tips, tools and information on improving insulin resistance, weight management, healthy low carb food choices and meal planning, improved sleep hygiene, and stress reduction! All of these contribute to the blood sugar rollercoaster and we are going to get control of it!

\$49 Starts April 1st! Register Now!

For folks struggling with Metabolic Syndrome, Insulin Resistance and Type 2 Diabetes!

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10 Small Steps To Improve Your Health

*"Take the first step in faith. You don't have to see the whole staircase, just take the first step."
Dr. Martin Luther King, Jr.*

Many of us make health-related resolutions, such as to lose weight, stop smoking or join the neighborhood health club. While it is common to set high goals, experts say that setting smaller goals could do more for our health.

"Small steps are achievable and are easier to fit into your daily routine," says James O. Hill, Ph.D., Director of the Center for Human Nutrition at the University of Colorado Health Sciences Center. "They are less overwhelming than a big, sudden change."

Here are 10 to try:

1. Keep an eye on your weight and work on making sure you are not gaining extra lbs. Make sure that the dial is going down more often than up and you will be ahead! Don't weigh every day, but try to pick the same day/time each week. Use a tracker.
2. Take more small steps. Use a pedometer to count your daily steps; then add 2,000, the equivalent of one extra mile. Keep adding steps, 1,000 to 2,000 each month or so, until you take 10,000 steps on most days – if possible. No matter what the incremental

increase is, using a fitness track will provide you with visible data that aids and motivates your progress.

3. Eat breakfast. Breakfast eaters tend to weigh less and have better diets overall.

4. Switch three grain servings each day to whole grain. If you're like the average person, you eat less than one whole grain serving a day.

5. Have at least one green salad every day. Eating a salad (with low-fat or fat-free dressing) is filling and may help you eat less during the meal. It also counts toward your five daily cups of vegetables and fruits.

6. Trim the fat. Wherever possible try to ensure that you are eating only the healthy fats!

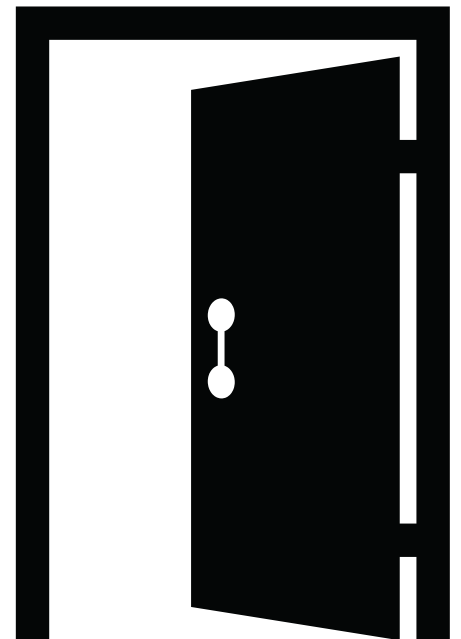
7. Consider calcium by including two or three daily servings of milk or yogurt. Dairy calcium is good for bones and may also help you lose weight.

8. Downsize. The smaller the bag, bottle or bowl, the less you will eat.

9. If you are trying to lose weight try setting a goal to lose just 5 to 10 percent of your current weight at first. The health benefits are huge—lower blood pressure, blood sugar, cholesterol and triglycerides.

10. Keep track of your eating. Write down what you eat over the next couple of days and look for problem spots. Often, just writing things down can help you eat less. Track in a food/mood journal if possible to get a full understanding of how the food affects your body.

Every little step counts!



*Small Hinges
Swing Big Doors*

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