



LIFESOURCE INSTITUTE NEWS

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Stay On Track

- * Have goals set yourself up for success by making one change at a time, get help if you need it.
- * Start small with daily walks, there are many ways to get active.
- * Stick with it once you start achieving your goals, keep it going! Then start by gradually increasing your activity and the intensity level of your workouts.
- * Schedule Exercise by doing something active every day around the same time if possible to make it a regular habit. A calendar or set that daily reminder on your phone or computer so you are less likely to miss a workout.
- * Remember during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you bridge the gap between mind body and spirit. Don't worry about cost. Blessings, and may you all remain safe.

FITNESS & NUTRITION: Get Moving

Get Moving. Adults should get a minimum of 150 minutes of medium intensity activity or at least 75 minutes of very vigorous activity every week. Walking only just two hours a week will cut your risk of heart problems in half. Try to find ways to move more throughout your day, most of my clients are using apps like Fitbit whether it's at work, or on your commute to work, or just while around their house. Try and include resistance (weights or bands) at least twice weekly. Remember every active minute should count toward your goal. Once your routing gets easier, add more minutes, distance, or keep challenging yourself. Let's include the kiddo's by getting them off to living

healthy. Children and teens need to be active a minimum of 60 minutes every day.

Healthy Weight. Maintaining the ideal weight,, you must burn more calories than you are consuming. Using that activity tracker will help. Understanding portion control will also help, Measuring your BMI with an online Body Mass Index calculator will help you to see if you are at a healthy weight, overweight, or just obese. Get help from a fitness or nutrition coach to help you lose the extra pounds, if you need the extra support.

Don't Smoke. Smoking will shorten your lifespan, this is just inarguable. Vaping is not any better. Please

get support if you can't quit. Within one year of quitting, your heart problem risk drop in half.

Get Sleep. Making sleep a priority. Adults need seven hours of sleep daily. Sleep restores, helps the body heal, reduces stress, and supports health at every age. Getting enough sleep is as important for your body as fitness, and proper nutrition. Lack of sleep is linked to all kinds of health issues from diabetes and high blood pressure to weight gain and increased risk for heart attack. Be sure your room is dark and reduce exposure to television or digital screens before going to bed. Melatonin works wonders to help some fall asleep. Magnesium helps relax muscles and relieve any tension so you may get the proper rest.

MUST READ: THE INFLAMMATION SPECTRUM DR. WILL COLE

ASK THE COACH?

Q: COACH BERNARD IT'S BEEN A BUNCH OF HYPE ABOUT TART CHERRY SUPPLEMENTATION BEING A NUTRITION COACH COULD YOU PLEASE ADVISE ON YOUR THOUGHTS.

LIFESOURCEINSTITUTE.COM

A: **GREAT QUESTION,** I RECOMMEND THIS SUPPLEMENT TO ALL OF MY CLIENTS BECAUSE OF ITS ANTI-INFLAMMATORY PROPERTIES IT HELPS TO RELIEVE JOINT PAIN, REDUCES HEART DISEASE RISK, THE ULTIMATE ANTIOXIDANT, AIDS IN MUSCLE RECOVERY AND ENDURANCE PERFORMANCE, I USE STANTON ORCHARD'S PREMIUM TART CHERRY JUICE CONCENTRATE. IF YOU PREFER VEG-ETABLE CAPSULE FORM I RECOMMEND LIFE EXTENSION. THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.