

Ready to Help Your Clients Achieve their Goals?

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Welcome!



Hi I'm Shawna Curry.

My goal is to help you and your clients to live a happier, healthier and more productive life. I am here to provide you with all the tools you need to sleep better, eat better, exercise better and improve your mental health.

I know how hard it is to get and stay healthy. As a nurse and personal trainer, I have seen the full spectrum of health and wellness woes, from chronic illness to sports injuries to stress induced issues.

I've also been in your shoes. I know what it is like to feel broken. I've struggled with sleepless nights, food sensitivities, injuries and recovery from invasive surgeries. I've gone through the health care system only to be told there wasn't anything wrong with me. But I knew I could feel better. Be healthier. Be stronger.

I started my own journey to reclaim my health and learned some fundamental wellness information that helped me turn my life around and created what would ultimately become Health Redesigned.

Now I'm here to share this information with you!

I'll help you cut through the noise of all the information out there and get to the fundamental blueprint for a vital life.

What are you waiting for? Jump on in to learn more.

Shawna



About Health Redesigned

www.healthredesigned.com is a community where you come to get connected with:

Credible information on health topics

White label programs

Affiliate programs

Resources & handouts

Workshops & presentations

Empowerment & motivation to support your clients

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I'll help you find what you need.

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The Foundation of Health

Health begins with a foundation of the four core pillars of sleep, nutrition, exercise, and mental health. They are all important for maintaining a stable foundation of optimal health. Just like a table, it's ideal to have four legs to have a strong base of support. If you don't have strength in those four pillars, things start to get a little wobbly.

I'm sure you've sat at a table that isn't very stable. Perhaps the ground is a bit uneven or one table leg is a smidge shorter than another. What do you do? Grab a few coasters or a few napkins, fold them up, and tuck them underneath the short table leg, which often does a really good job of balancing the table. The napkins do the job for a while, until they get nudged loose or turn to mush when the floors are washed. They are only a short-term solution.

With your health, taking a medication for something that's preventable is equivalent to napkins under a table leg. So is going on a crash diet or meditating for a few weeks or creating some other good habits.

They are short-term, Band-Aid solutions.

What happens when that table leg gets even more unstable or knocked out of place? I'm sure you've seen tables with three legs set up as tripods. They can be quite sturdy, but they don't have that same balance and structure as a four-legged table—they are less forgiving if something happens to alter one of the remaining legs.

That type of "three-legged" scenario happens when aspects of your life get out of balance. Perhaps you are a new mom with a new baby at home that's waking you up six or eight or maybe even ten times each night. Your pillar of sleep has just been decimated. It's completely missing or at least hacked off in the middle. You're simply not getting enough sleep.

Or maybe you just found out that you have Crohn's disease and have no idea what to eat. Your nutrition is an absolute disaster, and anything that you put in your body makes you have gas, bloating, or diarrhea. You've been living on bread, white rice, and chicken for weeks and are scared to introduce other foods because it might cause more symptoms to flare up. Your nutrition is in shambles.

The four pillars of health are critical to creating a strong foundation for health. When two or more are unstable, your entire health can collapse. Your goal should be to create the strongest four-legged table you can, to help make you more resilient to whatever life throws at you. And it will. There's always something that's going to pop up. Life likes to throw you curveballs!



A table isn't complete based solely on the state of its legs (pillars). It needs a strong top to hold everything together. That's where your digestion comes in. The four key pillars set the foundation for your digestion. At the same time, your digestion sets the foundation for the four pillars. You can't have one without the other.

On top of your table are two other factors that can vary dramatically depending on your unique situation. They are your lifestyle factors and medical conditions. Some people have very little to worry about in these areas, while others were dealt a poor hand and have lots to deal with.

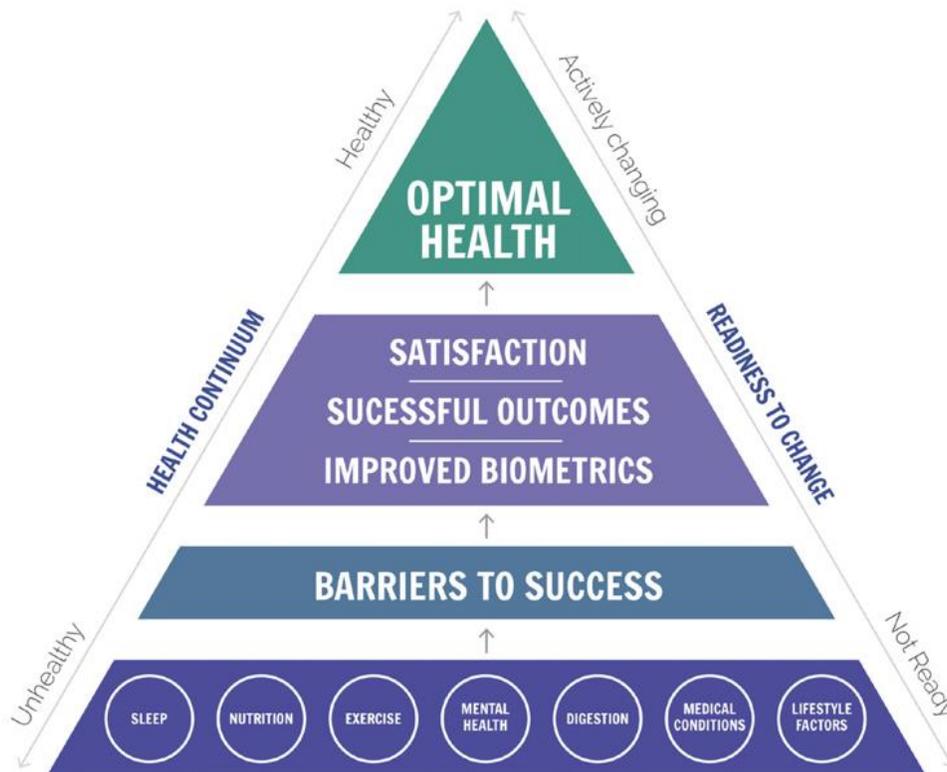
Base these two components on a shaky or uneven table, and what do you think will happen to them? They won't stand a chance. If you have diabetes and you're trying to manage it with medications alone, it may not be enough. You might be able to get away with poor lifestyle habits for a little while, but the progression of your diabetes might happen faster than it would with a solid foundation of healthy habits.

A tabletop without legs is just a slab of wood. The legs without a top are just pretty dowels. Together, they create something beautiful.

This simple analogy can help your clients to understand why they need to address each pillar of health to see results.

The Pyramid of Health

While the little details are important to a client’s health plan, a birds-eye view can help to make sure you’re on the right path. It’s a way to systematize the process and make sure we don’t miss anything. It helps to keep things flowing. To illustrate this concept, I introduce the pyramid of health:



The left side of the pyramid is the health continuum. At the bottom the client starts as unhealthy or unwell, which is why they’re looking to change. They move up the pyramid as they become healthier. Along that health continuum, there’s different stages of what health might look like.

On the opposite side is the stages of change model. It represents the readiness and willingness to change. At the bottom, the client is not ready for change or participate in their recovery. As they move up the pyramid, they start to implement changes, progressing into an active phase of change. Their position on this side may vary from time to time or depending on the type of change that may be required.

At the bottom of the pyramid are the seven pillars of health. That’s where sleep, nutrition, exercise, mental health, digestion, medical conditions and lifestyle factors



sit. They are the foundation of health. The base of the health pyramid. Within each pillar of health, there's lots of different things that you can do to make sure that they are addressed.

As you start to address the pillars of health, there's going to be barriers that pop up and try to prevent your clients from reaching their goals. Their saboteur voice will come up with excuses like, "I don't have time to exercise," "I can't afford it," or, "I don't know how to." There are always barriers that come into play.

It's pulling away from those barriers and creating solutions to help your clients overcome them that leads to success. Moving forward and making progress leads to satisfaction.

Helping your client to reach their goals, you'll see improvements in biometrics and reduce the health risks associated with certain medical conditions. This process creates successful outcomes. Your client will end up in an optimal state of health.

The state of "optimal health" is unique to each person, based on their goals and personal circumstances. Their version of optimal health may also change over their lifetime as they age, and circumstances change.

Mixing

Health is the efficiency and equilibrium between the complex interactions of our body systems, along with the absence of disease or pain. If you are simply existing between periods of sickness, that's a pretty sad life, and it's far from health.

Health should be so much more than that.

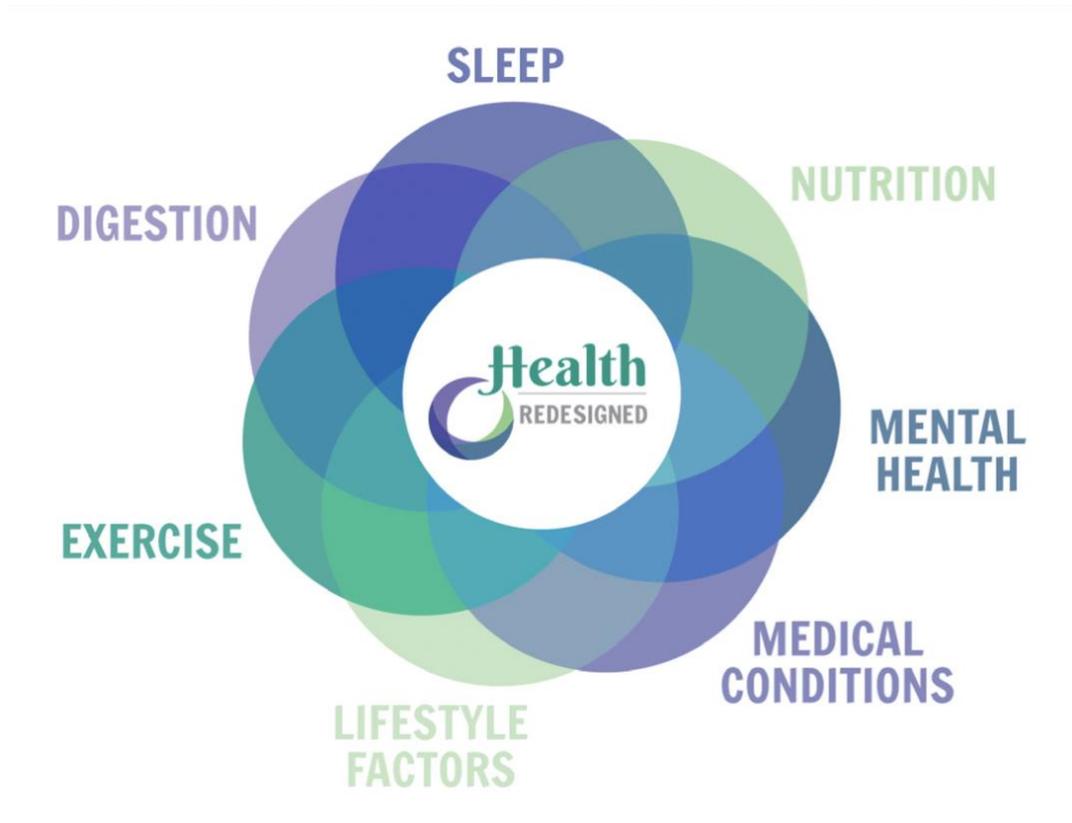
I want you and your clients to experience optimal health, where you flourish. It's a state of complete well-being, or a good mix between the components of health: physical, emotional, spiritual, social, and intellectual. It's more than just athletic performance, body composition, skin health, the absence of disease, or mental or physical components, but rather, a combination of all of these. It's being able to maintain vigor with age and having a high quality of life along the way.

It's important to note that optimal health is not a static point where, once you achieve it, you'll always be there. Optimal health will ebb and flow depending on your life circumstances. I'd suggest that "optimal health" is what's optimal for you right now—in this situation, with your own circumstances taken into account. Your optimal health during a stressful time in life is going to look dramatically different than your optimal health while you're on vacation.

Rather than chasing an endpoint that will never be reached or striving for perfection, I want you to think about how you can be the healthiest version of you in this moment. Not a year from now, not five years from now. Right now! With all the stuff going on in your life. Because it's just stuff.

Your stuff could be work stress, busy kids' schedules, Christmas holidays, a vacation, a sick family member, an injury, whatever. There will always be stuff, so accept that and start making better choices today. Make your lifestyle choices in line with being the best, healthiest version of yourself today (whatever day that is), and you'll be on the road to optimal health.

Another way to think about optimal health is like a Venn diagram. That's the picture below, where the circles overlap. The idea of mixing is that all of the circles interact together in constant flux.



The center, or union, is where optimal health can occur. The ideal scenario is where all of your seven pillars are the biggest possible circles, creating optimal health at the center. However, real life gets in the way, so it's not possible to achieve perfection.

Sometimes one circle or pillar of health will be larger or smaller. That just means that you need to keep an eye on the other pillars to round out your health. It's still important to strive towards the ideal scenario, adjusting how you address your health as your life progresses through different phases and stages.

Health Redesigned programs teach you how to redesign your own health and to keep a good mix between your pillars of health.

What Can Your Clients Start Doing Today?

SLEEP

Sleep 7-9 hours every night.

Unwind 30-60min before bed with no screen/tv time.

Make your room a dark cave to sleep in. Stop checking your alarm clock.

Get out of bed if you are awake for more than 20 minutes.

NUTRITION

Balance your blood sugar- equal amounts of protein and carbs at each meal/snack.

Eat mostly fresh, unprocessed, unpackaged foods.

Drink mostly water. Stay hydrated. Avoid liquid calories.

Eat the best quality food you can afford without breaking your budget.

MENTAL HEALTH

Fill your life with the 5P's

Pleasure- fun, enjoyment, positive attitude, laughter

Purpose- meaning in your day/life (work/volunteer/learn)

Pauses- include rest and downtime in your day

People- develop a strong support network, have connection with others

Positive Self-Talk- love yourself and speak in kind words to yourself

EXERCISE

Build more muscle through bodyweight exercise or weight training.

Maintain balance by standing only on one foot each day.

Move your spine. It flexes, extends, hyperextends and rotates.

Maintain healthy posture. Use good ergonomics.

What Can Your Clients Start Doing Today? (continued)

DIGESTION

Chew your food completely before swallowing.
Eat slowly and only when you are relaxed.
Avoid foods that cause you digestive issues.
Eliminate unneeded medications. Use antibiotics only when absolutely necessary.

MEDICAL CONDITIONS

Prevention is the best medicine. Be proactive in managing your health.
Be aware of your family history for illness and monitor these areas closely.
Take medications as prescribed or work with your doctor to treat naturally.
Address illness and injury in a timely manner. Follow through with medical advice.

LIFESTYLE FACTORS

Don't smoke or use drugs. Use alcohol in moderation. Have safe sex.
Maintain a healthy weight and body composition. Be lean.
Work and live in healthy environments. Brush and floss your teeth.
Maintain a realistic workload. Delegate and stop doing everything yourself.



After integrating the **Health Redesigned philosophy** here's some of the positive changes your clients may notice in their health:

Faster results

Health improves faster when you have the foundations for health in place

Improved Measurements

Clients get better results- losing weight easier, better blood sugar control, improved lab results; all with less effort

Deeper Sleep

Improved satisfaction in sleep, longer sleep duration, less interruptions or nighttime waking

More Energy

With improved health comes an increase in energy to do the things you LOVE. Clients may be more engaged in their life and be able to do things they thought were no longer possible due to health limitations



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