



THE MIDLIFE+
HEALTHY HABIT HACK
STARTER GUIDE

Practical hacks to take control
of your health and happiness in midlife and above.

Juli Schafer



“

"I think midlife is when the universe gently places her hands upon your shoulders, pulls you close, and whispers in your ear: I'm not screwing around. It's time.

Brene Brown

”

Somewhere during the midpoint everything starts to change... your body, your brain and your circumstances.

These changes slowly creep up on you. All of a sudden there's extra pounds you didn't ask for, you get most of your daily steps trying to find where you left stuff, and sleep is the real unicorn. You're in a funk.

You need a plan to make some changes.

“

We think that if the problem is big, the solution must be, too. The reality is the exact opposite.

It's doing the littlest thing that moves you in the right direction and starts to chip away at it.

-Mel Robbins

”

The goal of **The Midlife+ Healthy Habit Hack Starter Guide**

is to help you cut through the overwhelm and take practical action steps to:

- Eat to help your body work and make you feel better.
- Move your body.
- Reduce the effect of stress with active relaxation.
- Treasure your Tribe.
- Enjoy your life.
- Make the rest the best.

What you can expect from this guide:

This checklist provides action steps to cut through the overwhelm and start renovating your health.

How:

Adopt some or all of these easy-to-do habits to build your longevity and independence.

Why:

To feel better, live happier and take care of yourself as you age.

Knowing what to do is easy. Information is everywhere. The hard part is knowing how to take action.

Here's a list to get you started.



I have to come to believe that caring for myself is not self-indulgence. It is an act of survival.

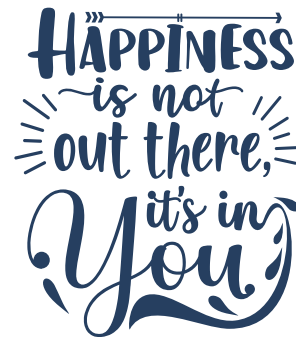
~Audre Lorde

Soothe your Stress

M T W T F S S

- Gratitude | What's going right
- Get outside-sun before screens
- Meditate | Pray | Set intention | Journal
- Make your bed
- _____

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Eat to Help Yourself

M T W T F S S

- Meet your daily protein goal
- Hydrate your body
- Circadian fasting-eat with the sun
- _____

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Using the Checklist:

1. You Choose

- Put a check in the circle next to the items you want to accomplish for the week.
- You don't have to do all of them!

2. Descriptions:

- More information is on the next pages.

Move your Body

M T W T F S S

- Go for a walk
- Get your steps in (6,000+)
- Exercise Quickies
- _____

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Treasure your Tribe

M T W T F S S

- Check in with a friend
- Check on a family member
- Schedule social time (at least twice a week)

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Keep reading for descriptions and action tips



SOOTHE YOUR STRESS

GRATITUDE / WHAT'S GOING RIGHT

if you feel like you list the same things every day because you're always thankful for your house, your car, your friends, your family and your health, this is a way to change things up. Start your day by listing at least 5 things that are going right in your life right now. Get detailed. Small is good, too. These will likely change daily and give you a fresh, positive perspective every morning.



MEDITATION / PRAY / SET INTENTION

Packing your mornings with positivity enables you to take charge of your day before your day takes charge of you. Do this instead of checking email first thing and scrolling through social media. Your day will go completely differently.



GET OUTSIDE EARLY-SUN BEFORE SCREENS

One of the best things we can do for our mental health is to go outside and get some direct light when we first wake up. Viewing sunlight without sunglasses for two to 10 minutes after waking up is a vital habit to develop.

It triggers a dopamine release early in the day and works to suppress melatonin. Scientific evidence links early morning daylight exposure to better sleep, clearer thinking, improved mental health and reduced risk of obesity.

MAKE YOUR BED

By making your bed, you've started a domino effect on completing tasks. A made bed creates a healthy pre-sleep environment. Good sleep hygiene includes anything that might be distracting to sleep, such as noise, light, stress, and mess. A cluttered bedroom and undone bed could be hindering your sleep.

EAT TO LOVE YOURSELF

MEET YOUR DAILY PROTEIN GOAL

As we age, getting enough protein each day is key to losing fat and maintaining muscle mass. It makes you feel full, too, and keeps those cravings away. Your goal is to get .8-1 gram of protein per pound of ideal body weight. Example: If you want to weight 150 pounds, aim for 120-150 grams of protein per day. The best sources are: cage-free eggs, grass-fed beef, and hormone-free/organic (if you can swing it) chicken and turkey, wild salmon, cottage cheese and Greek yogurt.



HYDRATE

Even mild dehydration can affect memory, mood, concentration and reaction time! Hydration is a key element in brain performance, digestive harmony, more energy, weight management, joint comfort, body temperature regulation, toxin removal, and headache reduction.

Don't love plain water? Float lemon, lime, or orange wedges, cucumber slices, or berries to make it less plain if you need to. Use clean powdered electrolytes like Re-Lyte or LMNT!

CIRCADIAN EATING SCHEDULE

Intermittent fasting gets a bad rap sometimes, but timed eating has been around forever. Think three meals, no snacks between sun up and sundown. Giving your body a break from eating allows it to fulfill all the other jobs it's responsible for like cleaning cells and repairing interior damage. 12-16 hours of not having to process food enables your system to actually heal itself.



JUST MOVE IT

GO FOR A WALK

Walking is the holy grail of movement. It's easy, free, does not require skills and can be done anywhere. I used to see people walking and think it was a waste of time. Why weren't they sweating in a gym class or on the elliptical? But the benefits from walking are astounding! It can help maintain a healthy weight, aid in losing body fat, help prevent diseases, improve cardiovascular fitness, strengthen bones and muscles, increase energy, improves sleep, lower cortisol and boost longevity!

GET YOUR STEPS IN

Having a goal of 7,000 steps daily motivates us to consciously MOVE. Recent studies have called sitting the new smoking. Dramatic? Maybe, but people with sedentary lifestyles have poorer health, plain and simple.

- Physical inactivity contributes to over three million preventable deaths worldwide each year, and can lead to diabetes, depression, and some cancers.
- Sitting expends almost no energy (calorie usage) and puts your body in fat storage mode.



EXERCISE QUICKIES

Sure, lifting weights or resistance training is ideal for getting and staying fit. But everything counts. When you are pressed for time in the morning and want to get moving, or need something quick to do during a work break, squeezing in some quickies is a great option for both mind and body!



Examples:

- 20 Squats
- 20 Desk Push Ups
- 20-second Tree Pose
- 20-second Plank
- 20 Bridges



TREASURE YOUR TRIBE

CHECK ON A FRIEND

Friendship is a precious bond. It's so easy to get wrapped up in our busy lives, soon one day goes into the next and suddenly you haven't talked to your bestie in days. Luckily though, it only takes one minute to connect and let someone know you are thinking about them. Send a text or make a quick call, "Hey, just thinking about you, friend! How are you doing?" It will feel as good for you as it does for them!

SCHEDULE A "PLAY DATE"

Even though we all have different levels of need for connectedness to others, all humans – including introverts – are innately social and need connection to thrive! Make a plan to do something at least twice a week that enables you to socialize with people you like hanging out with.

Plan a walk, a bunco night, a paint night, grab coffee or lunch, go somewhere to learn something new, see a movie!



Check out sincerelyjuli.com for more helpful ebooks and downloads.