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Wellness. Game. On.

*myTr!fecta™*

# 7 mistakes even healthy people make

(and how you can  
avoid them)



# **Mistake: Start your day with meditation.** **Instead: Start your day the night before, as you fall asleep.**

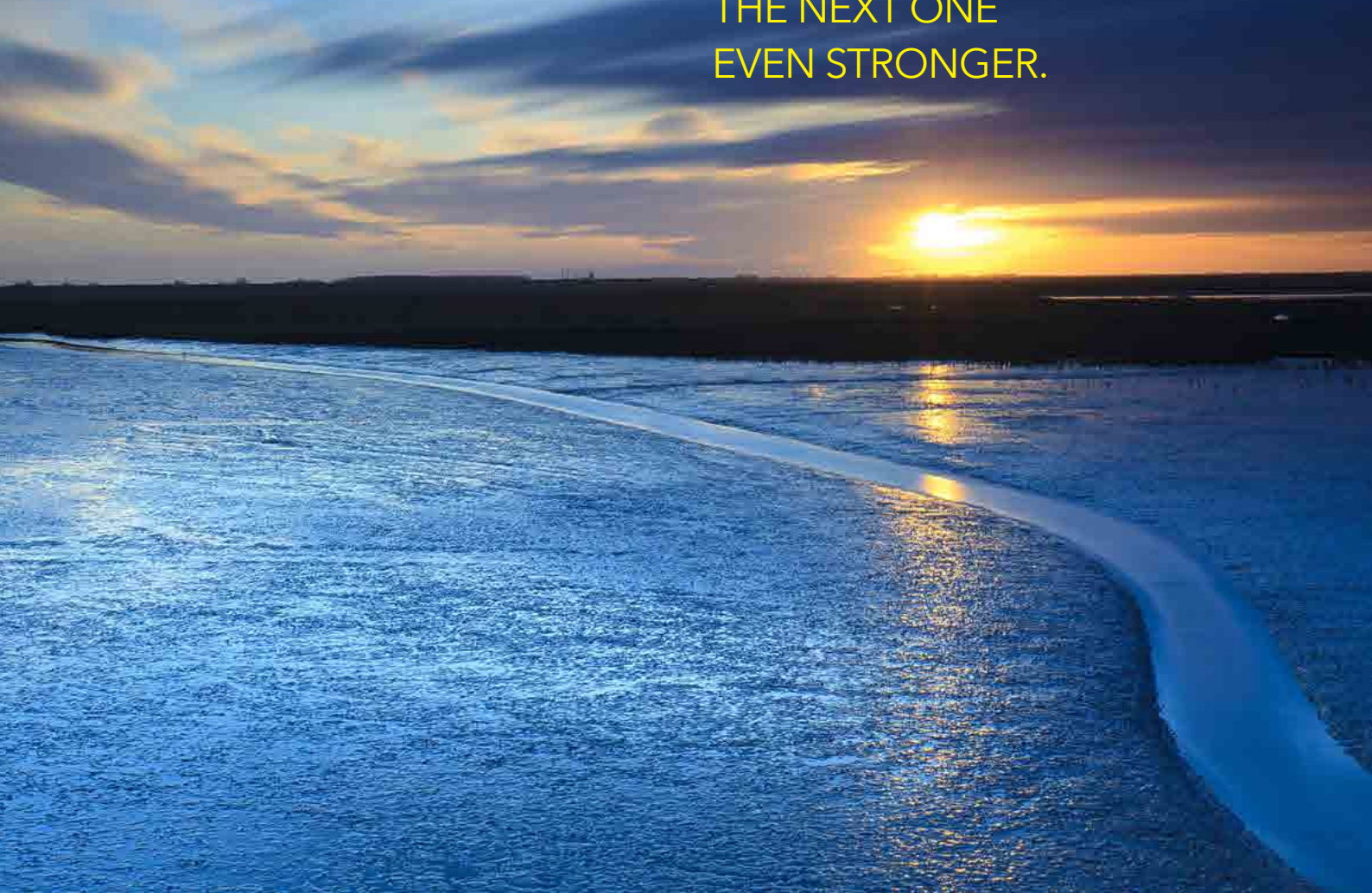
**Contrary to common practice, one of the best times to set goals and intentions for the next day is not when we wake up and start the day, but the evening before that day, particularly before bedtime. You've probably heard of "carpe diem" (seize the day). That starts with "carpe noctem" (seize the night).**

When we sleep, our brains clear away unused neural connections, leaving space to grow new ones. We actually have some control over what our brain decides to delete while we sleep. If we're replaying future worries or past regrets, we strengthen those. If we're tuning into our goals, higher intentions and life direction, we strengthen those.

Bedtime is the opportunity to fuel not just our intentions but questions we want solved, triggering our intuitive creative thinking in a helpful direction. During sleep, far-flung corners of our brain communicate more than during regular thinking. Creativity depends on those broader networks putting together information in new ways.

Altogether, I suggest noticing where your mind is wandering right before bedtime. Then briefly but consciously redirect it to your deeper values, intentions and questions for the next day, instead of just the next morning, first of the month, or New Year. Then let it go by dipping your attention into your breath, drifting into sleep from that vantage point.

**FINISH THE DAY  
STRONG TO START  
THE NEXT ONE  
EVEN STRONGER.**



## Mistake: Always positive thinking. Instead: Allow the difficult emotions, as well.

**“Only dead people never get stressed, never get broken hearts, never experience disappointment that comes with failure. Tough emotions are part of our contract with life,” explains Susan David in her Ted Talk about embracing negative emotions. “When we push aside normal emotions to embrace false positivity we lose our capacity to develop skills for dealing with the world as it is, not as we wish it would be.”**

Of course it's beneficial to see the cup half full. Research shows that an optimistic outlook boosts wellness and performance. But if, in an effort to do so, we try to bypass tough stuff, it never fully processes. Then it can manifest inwardly such as in our body or outwardly in a disproportionate outburst later.

To see the cup half full is not to bypass times when we see the cup half empty, but rather to meet them too, skillfully. Here's how...

Feel the feelings. When feeling bad, sad, mad or just not good, notice it, name it and allow it, as it is. Research shows that naming something in and of itself can help dissolve it. In so doing, we become the observer of it instead of defined by it.

Then we can consciously reframe it more positively... until the next difficulty arises.

It's like a spring. Some negativity springs up. That's okay! Accept it, springing back downward into your deeper inner awareness-- naming it, allowing it, being present near it. We can sit with both our stressed feeling and some calm around it. We can sit with a wave of anxiousness and some gratitude.

**DON'T BYPASS THE  
DIFFICULT STUFF. MEET  
THAT TOO, NEUTRALIZING  
IT WITH AWARENESS.**



## **Mistake: Eat your foods, drink your liquids. Instead: Drink your foods, eat your liquids.**

**“Say what?” Yes, common sense says to “eat your food, and drink your liquids.” But the old wellness adage conversely says, “drink your food, and eat your liquids.” Our digestive system starts with chewing, when enzymes are released.**

When we “down” our food instead of “slowing down” we miss the enzymes released from chewing. We don’t digest quite as optimally. Similarly, when we gulp down our liquids such as smoothies, shakes, juices, soups or broths, we also miss the enzymes released from chewing.

Also, when we drink our snacks or meals, any fiber in the snack or meal is already partially broken-down. It passes through the digestive system more quickly. Then we don’t feel quite as full as when eating whole foods.

I recommend drinking your foods and eating your liquids. Drink your foods, really savoring and chewing them versus chowing them down. And eat your liquids, again savoring almost chewing them versus chugging them down. This also helps us really taste what we’re eating and drinking, which can lead to eating less.

**DON'T INHALE  
YOUR FOODS OR  
DRINKS. BREATHE,  
AND SAVOR THEM.**





**Mistake:**  
**Eat your greens.**  
**Instead: Eat your colors.**

I recently heard a health-conscious celebrity emphasizing eating greens, but “where it’s at” is eating your colors. “Eating your greens” became important, especially for kids, as they don’t always taste as good. Some healthy greens, including cruciferous vegetables such as broccoli, can be bitter to some people with certain taste buds. Simple fine cooking can improve the taste. But to maximize your health, fuel up on veggies and fruits of color.

Different colored foods provide different phytochemicals. They protect the plants from outer attackers and protect us from the effects of modern stress. The initial premise of eating colors was based on avoiding the all white or tan diet of refined carbohydrates.

Their lack of color indicates low nutrient values or what’s called empty calories. That’s not to be confused with all white or tan veggies and fruits (such as jicama and garlic) that do contain nutrients.

Beyond green, we have red, orange, yellow and blue/purple. Even orange/yellow (such as carrots, sweet potatoes and mangos), yellow/green (such as avocado, kiwi and pistachios), and white/green can have distinct nutrients. Yes, greens have important nutrients (such as isothiocyanates and vitamin K) but so do all the other colors.

**DON'T CHASE  
RAINBOWS, AS  
THE SAYING GOES.  
EAT THEM.**



## Mistake: Go for the burn or go home. Instead: Hit the gym but save some energy.

Just because we've had an intense workout doesn't mean we should sit on that desk chair or crash on the couch for the rest of the day. Sitting for more than 6 hours a day can increase chances of dying 40% more than sitting for 3 hours per day. We spend an average of 9.3 hours a day, even more than sleeping at an average of 7.7 hours.

High intensity workouts boost metabolism, strength and youthfulness, but not when at the expense of moving through the day. Exercise is central to fighting chronic diseases, but it's not sufficient. Daily movement has an independent different effect on metabolism and brain power. (For example, longer periods of simply standing or walking improve insulin action more than intense bouts of moderate to vigorous exercise.)

Try these alternatives: standing at your desk versus sitting; sitting at your desk on a stability ball instead of desk chair; sitting on a stability ball instead of couch when watching TV; walking for a few minutes on the hour; or holding

walking meetings. You can also try the stairs instead of elevator (I do this), and purposely parking farther away.

Some days we can workout more intensely with energy left over than other days. Our energy fluctuates like the tide, sometimes higher and sometimes lower. It varies with our stress, diet, sleep and lifestyle, and we can't always predict it. Tune in to your capacity, and adjust your intensity accordingly. Go for the burn, so long as it doesn't burn out your muscles, energy or desire to move for the rest of the day.

MOVE IT, NOT  
JUST THROUGH  
YOUR WORKOUT,  
BUT THROUGH  
YOUR DAY.



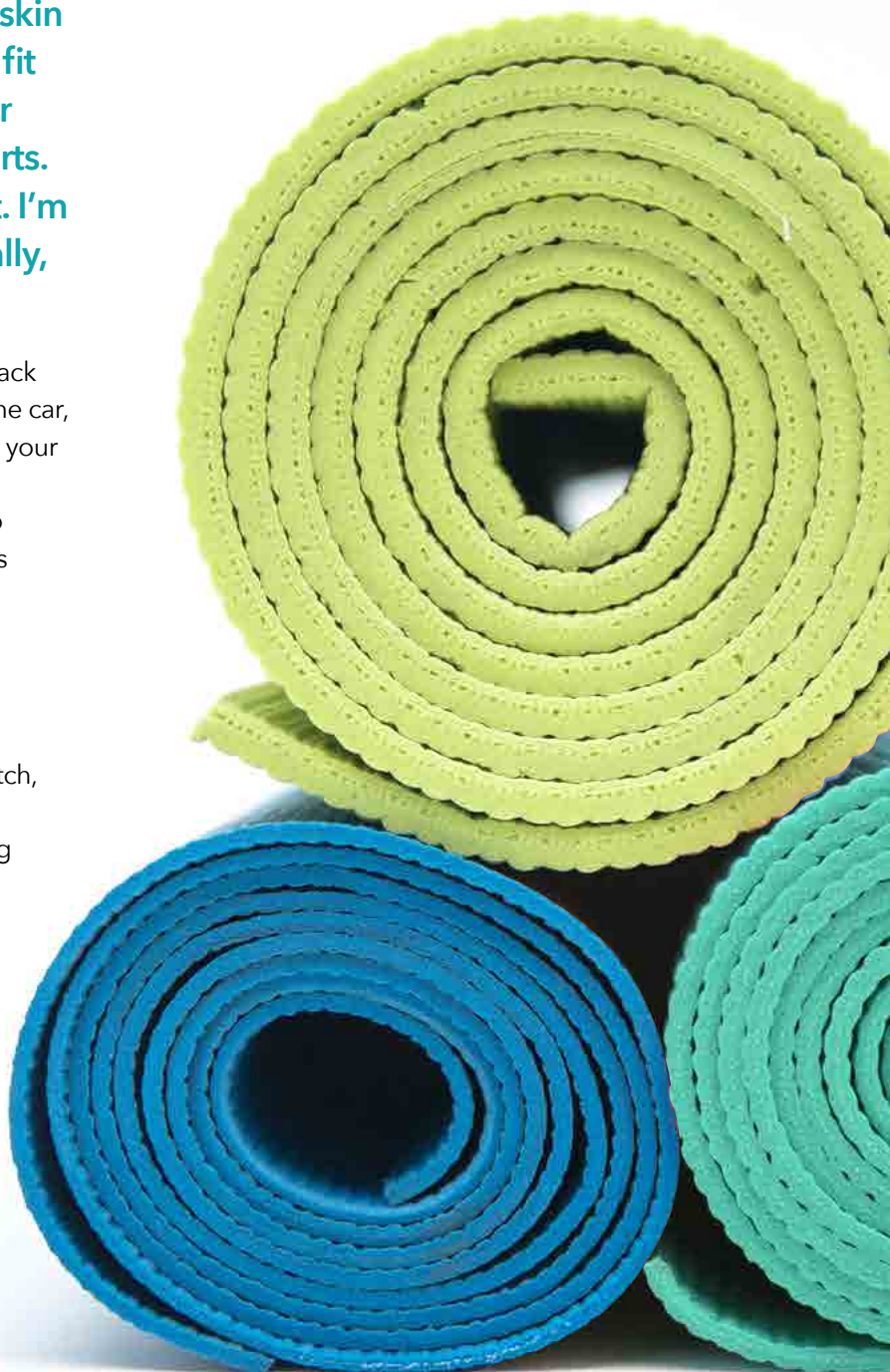
## Mistake: Stretch out your muscles. Instead: Stretch out your myofascia too.

“What’s my myofascia?” I’m glad you asked. Your myofascia is a band of tissue stabilizing your muscles. It helps prevent injury, reduce exercise soreness, and keep you supple. It’s part of your general fascia beneath your skin stabilizing bones, organs, etc. Now, fit people do sometimes “roll out” their fascia with a foam roller or ball of sorts. But that’s not what I’m talking about. I’m referring to your myofascia specifically, and stretching (not rolling) it.

It’s an easy back and forth motion. Let’s take the back of your leg, often tight from sitting at the desk, in the car, and on the couch. If you lie down on your back, lift your right leg up with your left hand, and hold it, that’s a muscular stretch. Now, if you lift your right leg up with your left hand, and release it back down, that’s a myofascia stretch (of the particular band behind your leg and spine). Even better, lift and release your upper body along with that.

Now, if you simultaneously squeeze the front of your thigh (your quads), that’s also a muscular stretch, because when we flex one muscle, the opposing muscle relaxes. I recommend this simple hamstring myofascia stretch (or combined myofascia and muscle stretch) as a staple of your fitness.

**WHEN STRETCHING,  
CONTRACT  
AND RELEASE.**



# Misake: Treat your wellness like a hobby. Instead: Treat your wellness like business.

When we think of career or finances, we think and plan long-term. When we think of wellness, we tend to think of quick fixes, such as detoxes or losing weight fast. Quick fixes don't address root habits causing our unhealthy state in the first place.

Playing the long game does. With wellness, try playing the long game not unlike in business or financial planning. Studies show habit change to work this way. Even the Japanese use this as a business practice called Kaizen. It means "continual improvement," with big results from accumulated small changes over time. In business, kaizen refers to activities that continuously improve all functions. It's equally helpful in wellness.

I recommend making a small investment, then another, then another—deep breath by deep breath, healthy food by healthy food, exercise by exercise.

It won't replace seeing or feeling immediate benefits. Rather, it will pace them to sustain them, making them more fruitful.

You don't have to make your body your temple, but make it your business.

I'm happy to help support you in these simple steps. Stay tuned to my regular newsletter, AND for super motivational occasional social updates, follow us @laraleone3x.

You've got this,

*Lara*





# Bio

**Lara (Lah-ra) Leone is a Certified Mindfulness Facilitator, Nutritionist, and Fitness Professional, and Speaker on the topics.**

She has led scores of folks from executives to the everyman in healthy lifestyle shifts on-site, streaming live online, and on live TV.

Growing up in the field, she gained knowledge early on, which then proved challenging in a fast-paced downtown city life. She grasped the gap between knowing what to do and doing it. Trained at Columbia, Cornell and UCLA, she learned how to help people stay on their game, in wellness and life.

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