

Episode 2

Roadmap for Vibrant Health

Hi. This is Rosie Bank and I will be your host for this episode of Health Matters Podcast.

Today's episode is called Roadmap for Vibrant Health. I asked myself what would make the greatest difference for *you*. If we were to create a real bang, what would it be? In this episode I will introduce you to a system for keeping yourself on the road for optimal, vibrant health. I know what it's like to get off track. I have fallen off the road myself, but thankfully, that is all in the past. I'll tell you more about that. But for you, now, let's see if we can steer you toward a Super Highway so you can confidently move toward loving how you look and loving how you feel.

By the time we are finished with today's episode, you will have a greater appreciation for nutrition, managing stress, getting exercise, and giving and receiving support from the people in your life. You probably already have a sense that these are all important. But I'll show you how they are connected, and why putting them all together give you the greatest results.

Also, listen for a freebie download so you can chart your journey toward the kind of rewards that await you when you put into practice what I will teach you.

To start, I'll ask you one of the most impactful questions that I ask all of my clients. What doors would open for you if you loved how you felt and you were happy with how you looked? And another question: what if you felt confident and relaxed around food, and if you were able to make healthy choices most of the time? Think about it...

There are many reasons why I am SO thrilled to be a health coach for busy professionals. Here are two of them:

1. I am a busy professional. I can relate to the burden that comes along with not having enough energy, feeling challenged around food, and being distracted by stress and fatigue. Thankfully, those challenges live in the past for me. I have an overwhelming passion to show people like you how to get the relief I enjoy now on a daily basis. But it wasn't always like this. More about that later.
2. Here's another reason why I am thrilled to be a health coach. I know you want to conquer the world by doing meaningful work. You want to help lots of people and be well-compensated. As a busy professional having your physical body support you is nothing short of transformational.

Recently I taught a class called Unleash Your Health at a local junior college. The participants were administration and faculty. The Director of Human Resources hired me. She knew that many of the busy professionals at her school were challenged. It was difficult for them to balance the demands of their jobs plus having families. One of the laments among this group was "Who has time for themselves?"

I love to work. I love to connect with others who have their own vision for success and profitability. It's a calling for me to help busy professional people get their lives in balance. You will discover in this podcast why it is so important to make your health a priority, and what the benefits are to you for doing so.

I'll give you a brief peek into my past to help you understand why I say, "If I can do it, anyone can do it." I am referring to getting relief from being very sick, fat, overly stressed, and challenged to keep it all together. In the past I felt insane around food and preoccupied with cravings that felt just like an addiction. Had I not implemented the strategies I will be sharing here with you in this Health Matters Podcast, I suspect I would be dead by now. I have met and worked with other busy professionals who were also at risk. It would have been impossible for them to sustain their dangerous practices without something dreadful happening to them. That's where I come in. I want to help you divert that risk and move in a direction that enables you to love, live, and thrive.

What is a Roadmap for Vibrant Health? It's a plan. It's knowing where to focus your precious energy and where you can make the greatest difference on your own behalf. It is knowing the small steps that add up to true and lasting transformation. You probably plan your day at work. You probably have strategies for growing your company, your finances, and advancing professionally. A Roadmap for Vibrant Health is your user's guide for living successfully in your uniquely human body.

I'd like to borrow from the approach used in the department of Integrative Medicine at the Mayo Clinic. Thanks to Dr. Brent Bauer for his lesson in the Great Courses titled [The Science of Integrative Medicine](#).

Remember this acronym. NESS, N E S S,

N stands for Nutrition. Also nourishment.

E stands for exercise. Shake your booty.

The first S stands for Stress. I have a unique way to explain this so you can get destressed right away.

And the last S stands for support. I'll show you how this also connects you to your spirituality. Your spirit is housed in your body. If you don't have a body, where will you live?

There are three goals here for you: Number one, to love how you look and feel. Number two: to make taking care of yourself a priority, and Number three: to love your body and get your body to love you back. Let's dig in so you can begin to FEEL MUCH BETTER MORE QUICKLY THAN YOU IMAGINED.

The first N is for nutrition. I promised you simple, right? Oh, and here is the part where I tell you that I would rather give you some tough love than to skip over the things you really need to learn. A good coach will tell you what you need to know, not what you want to here.

If you were to pick one thing to make the biggest difference, I bet many of you could upgrade your food choices without learning a single new thing about nutrition. Let's say that you have been known to eat large quantities of, for example, chocolate. It seems that I attract clients who had a stash of chocolate in their desk drawers at work, and they would often have one hand on the keyboard, and the other hand shoveling the chocolate into their mouths while trying to work.

Everyone finds something when they honestly ask themselves this question. WHEN IT COMES TO QUALITY AND QUANTITY OF FOOD, WHERE WOULD YOU START TO MAKE AN ADJUSTMENT THAT WILL GIVE YOU THE GREATEST RETURN IN TERMS OF LOSING WEIGHT, HAVING MORE ENERGY, AND FEELING HEALTHIER?

My husband and I are practicing health nuts, and even I come up with some adjustments when I ask myself that very question. Remember I told you that I hauled myself back from serious issues with food

and weight? The one thing I did to begin my complete recovery was to quit binging and start to pay attention to my emotions. I'd like to help **you** find what **your** single high mileage adjustment might be.

There are two inroads to your addressing the N, for nutrition and nourishment. The first is to make selections that are more nutrient dense. Higher quality food, like veggies, make you have a higher quality body. Junk food makes you feel like junk. I want to create a challenge to you to simply pay more attention to your food choices. Do what you already know. I know you are smart. You are smart at work, right? Be smart with your body and your choices.

Nutrition means balanced meals with carbs, fats, and proteins. This means that an entire pizza is not balanced because it's too high in carbs. An entire plate of noodles is not balanced – too many carbs. A steak or a giant burger may have plenty of protein, but without your veggies, it's not complete. If you look at your plate and see about a fist-size of healthy carbs (like salad), artery-friendly fats, like avocado and coconut oil, and vegetable or animal protein, like chicken, salmon, or tofu, you are on the right track.

When I Google “balanced plate of food” I get 21.9 million hits. Searching for an image of a balanced plate will go a long way to stop you from having a bowl of cereal for dinner, or four rolls before your meal comes if you are eating out. Pay attention to what you call a meal and ask yourself what you already know about making this upgrade. Many of you upgrade your seat on an airplane. How about upgrading the food you select so that your body is better nourished?

I am asking you to start off doing what you already know is because I think that can eliminate some of the resistance that makes this seem too hard, or too overwhelming. Most people can make significant improvements merely by practicing what they already know.

Believe me, I am acutely aware that we will need to address what may seem like a mountain of resistance. I know you often feel barricaded behind reasons and busy schedules. But that's not going to stop me from encouraging you to be a little bit more disciplined in your food choices starting now. A busy schedule shouldn't stop you either. Soon, in the Health Matters Podcast, we'll discuss the life-saving benefits for you to make smart choices daily habits. But like I said before, we have to start somewhere. I'm not telling you anything that you don't already know. For now, make this as simple as possible. Set your intention to move in the direction of more balanced meals.

Nutrition means quality and quantity. Too much of a good thing can be a bad thing. Funny thing, most people won't pig out on a spinach salad. Do you know why? It's because our bodies feel so radiantly nourished – there is that n word – that we often feel more complete after a spinach salad that includes carbs, protein and fat. You probably don't feel this complete and satisfied after a giant plate of pasta or rice. Our bodies are very, very intelligent. I told you I expect for you to become smarter about taking care of yourself.

Your life depends on you moving toward higher **quality** (like fruits, veggies, nuts, and fish), and for many of you, lower **quantity**. Being the best you can be at work depends on this too. I will be talking in more detail about your ability to eliminate overeating, but for now, simply become more mindful..

The next letter in NESS is exercise. I'll give it to you straight. If you are too busy to move, then you are either too busy, or you have barricaded yourself behind some well-rehearsed excuses. I have worked with people who practically carried the world on their shoulders when it comes to responsibilities. The

demands placed on them at work and home were daunting. And down to each individual, everyone felt better by moving, flexing, stretching, strengthening and breathing on a regular basis. They all said this gives them energy back. The load they were carrying got lighter.

This is astonishing! The higher the demands placed on you, and the more overwhelmed you feel, the greater reward to you for getting out of your chair and attending to your body. This is the very same body in which your spirit is housed and that provides you with transportation every single day.

Moving will give you energy back. Swinging your arms while walking around the block, or through the corridors of your office will reduce fatigue. It will enable you to face those same demands with a refreshed attitude and vigor.

I consider it a sin to try to press on during a busy and hectic day without taking your body for some movement adventure. Said positively, the busier you are, the more relief you will enjoy by doing *something*. The difference between doing something, like taking the stairs instead of the elevator, and doing nothing, like sitting at your desk all day, is significant and accumulative. This is a practice *for life*.

The more you move, the more you are able to move. One of my students in the class said that she really loved to go to the gym, but then she hurt her shoulder. Following her injury she was able to do far less. Then she realized that doing what she *can* do, instead of feeling discouraged by what she was temporarily unable to do, broke the pattern. She now moves a little as a formula to be able to move more.

Once I was visiting my father in the hospital during a heavy rain storm that went on for days. There was no gym and it wasn't possible to walk outside. My family expected me to be on duty with my dad. So, when he was napping I took brisk walks in the corridors. I love to exercise every day, and this wasn't close to my usual quota. But it's what I had. I felt so much from the heavy energy of my dad's room. And when I came back, I felt more equipped to help him when he was awake. You can apply this story to reinvigorating you during a busy day.

The next letter in NESS is S. Gee, I wonder if any of you listening can relate to having too much stress in your busy lives? We are taught to manage stress, to release stress, to work on our stress, and to have less stress.

I promised you a unique approach that you can apply right away. How about this: instead of focusing on stress, how about if you find ways to increase relaxation, to allow more peace into your life, and to spend time each day being grateful? Here are five simple steps you can take immediately to feel calmer, more relaxed, and better able to cope with every day demands.

1. Take deep breaths throughout the day. Simply spend an extra few seconds on your inhalation, and then spend an extra few seconds on your exhalation. Some good times to do this are before getting out of bed in the morning and before going to sleep in the evening. Another good time is when you are sitting in traffic. Breathing slowly and deeply is an effective cure to road rage. When you sit down to eat is another good time to breathe. And of course, when you are at your computer. Put a little note on your screen to remind you to breathe. Remember to breathe in an unhurried manner, as this will help you feel more relaxed. Imagine you had all the time in the world to take a breath in and then to release as you exhale. This activates the part of your nervous system that promotes relaxation.

2. Focus on gratitude. When you get up in the morning, when your feet touch the floor, remember five people who you want to thank. If negative thoughts come into your mind, practice transforming them by giving thanks. If you find yourself starting to complain about someone, pause and ask yourself what is it about this person that you appreciate? This is also called looking at life as a half-full cup. This will help you feel happier inside. Happiness is good for your immune system. Make it a habit to remind people what you appreciate about them. This will come back to you as energy and it will help you feel good.
3. Find an activity that helps you focus on physical relaxation. I love yoga and recommend it to anyone who wants to feel calmer and more at peace. If you find yoga challenging, you might have the most to gain as your body gradually becomes more limber. Getting a massage will do wonders for you to unwind. It helps you take your attention off the things that were causing internal turmoil. The feelings in your body become your new focal point, and you are inspired to release tension. I guarantee you that you will be more refreshed when you get back to work.
4. Do fun things on purpose during the day. When I ask someone what she or he likes to do for fun, and the person has no idea, I sense a real problem. What is the purpose all of the good work that you do if you don't give yourself time to enjoy the fruits of your labor? My dad was a brilliant and successful business man, but he told me that he was always thinking about work. Heart disease and a stroke took his life. I often wonder how my dad would have responded to learning how to unwind and let go. I play with my dogs in the middle of a busy day just because it makes me happy. I feel a lift to my spirit when I get back to whatever project I was working on.
5. Help others. This one is tricky because some of you listening to this help others always and do not succeed at taking care of yourself. Consider balancing this. If you experience others constantly needing you, then your growing edge is to carve out time to nurture **you**. But if all you do is work, helping someone who is needy will fill your tank in a way that work might not be able to do. This could be a family member or a charity. It's a way to shift your focus and open your heart.

The last S stands for support. As recently as this morning, I spoke with a friend to gain a perspective on something that was troubling me. I felt a tremendous amount of relief because I felt supported by my friend. For you, this means connecting with your community. It is among the strongest of human needs to feel included and connected.

After reading [The Desire Map by Danielle Laporte](#), I chose **feeling included** as one of my four core desires. The perception of isolation is the opposite of feeling loved. Knowing that others care because you were open enough to share your true feelings will help lighten your burden. Connecting with others in your tribe provides you with reinforcement to continue doing your best work.

Another member of the Unleash Your Health class discovered that her thoughts were worthy of sharing. Before she felt that what she had to say didn't matter. This encouragement inspired her to make even more healthy choices. Why? Because she experienced her own worthiness through the acceptance and appreciation of others. Then, as a result, she was motivated to invest in herself by taking better care of her body and her health.

There you have it. This is the beginning of your Roadmap for Vibrant Health. Please go to rosiebank.com to get your free download of a map that you can use to navigate your way on to your customized roadmap for optimal health.

Throughout the Health Matters Podcast series I will continue to explore these strategies with you. Optimal health is a journey more than a destination. As you will learn in the next session, every little thing you do adds up. Nothing is unimportant when it comes to being well, being happy, and knowing that you can make a difference.

Remember NESS - Nutrition, exercise, increasing relaxation by reducing stress, and getting support from your community. It's always too late to wait, and it's never too early to start.

Back to those questions. What doors would open for you when you love how you look and you love how you feel? Isn't it worth it to move in that direction because of the rewards to you?

In *Health Matters* I offer more guidance to help you have vibrant health. It's available at www.HealthMattersBook.com

In our next podcast I'll explain to you how everything counts. Your body will definitely love you back once you practice this.

Thanks for spending this time to invest in you. You are equipped to do things that will make a difference for you. I am hopeful for you. I want to share your vision for a brighter future and for a body that loves you back.

Your health does matter. And so do you.