

Crazy Helpful

35 TIPS

FOR A HEALTHY LIFESTYLE



BY COACH CASSANDRA OC

A LETTER TO YOU

(READ THIS BEFORE YOU DIVE IN)

I wrote this handbook to detail the top 35 things I've kept track of during my journey to a healthy lifestyle. I've definitely learned a lot during the past couple years and I'm grateful for all the things I did RIGHT... but also the many things I could have improved on. This handbook you're reading is honestly something I wish I had a year or two ago.

Fortunately, you're in a perfect position to learn from my mistakes and also take all of my best practices when it comes to going after a healthy lifestyle. You'll notice I split the lessons in key categories: Fitness, Diet, and Living.

Some categories have A LOT of lessons, and others have less. This is just the nature of the biggest growth points I faced and



that I think will serve you best. Don't worry, you'll still get 35 lessons in total.

Now if there's one thing I want you to take from reading this handbook is that everyone makes mistakes.

I feel like on paper, it's so easy to look at everyone who's living a healthy lifestyle and assume that they have the magic key to success. The reality is, these people you look up to are just very, very good at NOT giving up.

Everyone you've ever looked up to got to where they are thanks to them having enough self-awareness to course correct when things have gone wrong. Many people don't do this. Instead, when they see they've made a mistake, they immediately think they are not good enough – that they're simply not cut out for it.

Well, if you're reading this I am telling you that you ARE made out for this. You just need to be patient with the process and to acknowledge that you are NEW at this. As with anything you are doing for the FIRST time... you need to FORGIVE yourself and instead be EXCITED about your potential you have ahead of you.

This was the number 1 lesson, above all, that I learned. Forgiveness. I wish I hadn't been so hard on myself simply because I had crazy expectations of what I thought I SHOULD be.

I SHOULD be slim

I SHOULD be able to eat only salads for lunch and avoid all temptations for "unhealthy" foods

I SHOULD be able to see my six-pack

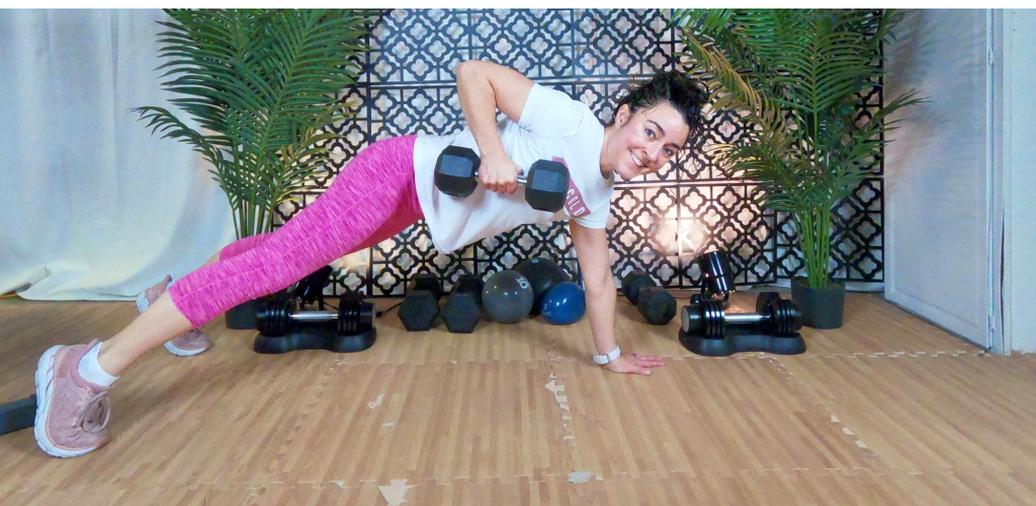
Man was I delusional

If you are **FORCING** these wild expectations on yourself, you are only making things harder than it has to be.

I promise you, as you achieve a healthy lifestyle you will learn A LOT. And yes, there **WILL** be times that you doubt yourself – but who doesn't? The most important thing to know is that you need to keep going.

So... As you read this handbook and as I lay out the 35 things I learned, I want you to just **OBSERVE** the information and not use it to determine your self-worth and value. If you realize you've made some mistakes...great, you're in good company.

The lessons here wouldn't be here if I didn't make the same mistake. If you don't **AGREE** with my lessons, then hey – everyone's journey is different. Take what makes you pause and think, and forget what makes you shake your head in disbelief. It's that simple.



A bit about me!



I'm Cassandra Saindon - aka Coach Cassandra OC. I've been chasing a healthy lifestyle since 2009 and have learned so much along the way. I've tried all sorts of different diets. I've had success in weight loss as well as plenty of weight gains. I've been super active and also inactive. I've had disordered eating. I've also suffered from depression and anxiety.

Today, I feel I'm in a great place but I'm also always learning. Pivoting when things no longer work for me. I specialize in helping clients achieve just that. HOW to live a healthy lifestyle not just while working with me, but long after on your own as well.

I'm so excited for you to dive into the next 35 lessons so you can get a head start in your unique journey.

Are you ready to dive in? Let's get started.

PS: Make sure you tag me @coachcassandraoc in your IG stories if you have any A-HA! moments while reading this, and I may just reshare it! :)

Fitness

In this section of the handbook, I'm dumping ALL the lessons I learned about fitness from a healthy lifestyle perspective.

Yes I'm personal trainer so I've learned a lot of textbook lessons, but I've also been a client trying to achieve a healthy lifestyle. Having the experience as a client, along with the knowledge of getting my certification, has given me a well-rounded point of view. I've learned what works AND what doesn't work.

It's not enough to make changes just to reach a specific goal. I mean, you don't want to be bouncing back and forth like a ping pong ball right? No! It's about making the changes for LIFE!

It doesn't have to be perfect by any means. No one is! But you have to keep in mind that what you were doing before, or perhaps are doing right now, isn't working. Therefore, if you go back to doing that after you reach your goal, you are going to be back where you are now! Ping pong!

Alright, enough chit chat. Let's get to it! Good luck!

01

Consistency

Let's say you have a goal to lose 10lbs. You eat right and work out 2-3 days a week and boom you achieve your goal!

Hooray. Now what? Well if you think, "Cool that's done with. Back to being a couch potato", guess where you'll end up.

10lbs heavier if not more. You have to stay consistent in order for it to last! Not to mention all the crazy health benefits to CONSISTENT exercise:

- Reduced risk of heart disease (Cholesterol, blood pressure, diabetes, BMI, etc.)
- Increase your energy levels
- Good for muscles and bones
- Brain health and memory
- Helps with relaxation and sleep

All fantastic stuff right! But all of these benefits are useless if you only do it for 3 months. You have to keep going!

02

Core strength is more than abs!

How many of you LOVE working the core? Me! Me! Me! I'm equally guilty of this one. The Core is SO MUCH MORE than just a six-pack.

We all love the satisfaction of working the abs. It makes you feel like you are inches away from a visible six-pack. Makes you feel super strong. You know it's good for your back, and hey it's exercising right?

In the simplest terms, the core is any muscle that moves, supports and stabilizes your spine. So yes, the abs are one of them but there are so many more! If I went into detail, I'm pretty sure I would lose you so instead, think of it this way.

Stand up. Yes, literally stand up. Put your hands on your torso and bend to the right side. Feel all the muscles engage on your left side? Now bend forward. Notice all the muscles in your back engage? Now the left side. Now lean back. Yup! Those are a lot more muscles that need to be worked than just the six-pack.

03 Variety

Do you have a favorite way of exercising? Maybe it's running, cross fit classes, swimming, rock climbing, or playing tennis. Now, do you ever switch things up and try something new?

It's cliché to say it but variety really is the spice of life. There are SO many ways to work your muscles and changing things up, can really make a huge impact.

Let's say you are a runner. Try a resistance training class of some kind and you'll be shocked at how much it can help your running performance.

Maybe you are addicted to dumbbells. Ever try pilates or yoga? You'll be shocked how sore you'll be simply because you are **using those same muscles you use for squats in a DIFFERENT way.**

Change things up and keep your body guessing!

04 Vary your intensity

For the longest time, I was doing nothing but HiiT classes. I was going all out lifting, sprinting, jumping, and more. I was able to get some results such as raising my good cholesterol, losing a couple pounds initially, and lowering my heart rate. But there were a couple problems.

- Injuries started to pop up. Nothing major (thankfully) but a couple pulled muscles and back aches
- Energy fatigue. I was so exhausted all the time. I could muster up the energy to get through an awesome workout but I was DONE the rest of the day

- I started gaining weight - specifically fat. **My body was over stressed which leads to high levels of cortisol. This causes fat retention and muscle loss.** That's the opposite of what I wanted!

When I started to gain weight, that was a wake up call. I was killing myself and getting the opposite results. NOOOOO!!!!

Once I took a step down from my HiiT classes and varied up my intensity, I got much more SUSTAINABLE results. I was finally getting that "toned" look.

05 Rest days

If you've been following me for awhile, you've heard me talk about rest days. They are SUPER important to any fitness routine. You need to give your body time to repair and rebuild.

Your muscles need time to rest. Your mind needs to time to rest. Your heart needs to time to rest.

Just like what I said about too many back to back HiiT classes, you won't achieve the LONG TERM results you are looking for, unless you give your body a chance!

Rest! Rest! Rest!

06

"No time" is not an excuse

This is something I hear a lot from my clients. "I'm a working mom of 4. How am I supposed to find time to get in a substantial workout?" "I'm the CEO of a big company." You get the idea. **You DO have time. It's just not a priority.**

Getting a substantial workout doesn't take hours. It can take only minutes. That's where HiiT comes in real handy. You get in an amazing workout in just 15 minutes or so.

Grab a jump rope and a timer and do a Tabata workout. That's only 4 minutes and I'll bet you are huffing and puffing. Now do sit-ups to the Tabata timer. How about squat holds. Maybe some burpees. (wink! wink!) That's 16 minutes right there. Spread it out throughout the day if you need to. But you have to WANT it.

07

Sign up for an event

Nothing will light a fire up your booty than having a deadline! I learned this one pretty quickly.

I wanted to be able to run a longer distance...ok I wanted to

run period. End of sentence. I remember trying to run laps around my neighborhood and I kept hitting this "wall" 2 minutes in and had to walk. Once I started walking I would give up, thinking "I just can't do this."

I was then encouraged (more like pushed lol) to sign up for a 5k and just go for it. Well that costs money...not a lot or anything but it does cost money. That sure lit my fire! I was GOING to run that 5k!

I told myself to run 1 minute past that "wall" and guess what...I did it! Next day I did the same thing. And the next day and the next day. Suddenly I found myself running for 20 minutes. Then 40! I couldn't believe it. All it took was the little nudge (or shove) to get me motivated enough to push through it and commit. You can do the same! Don't just sign up for one class...start a membership! Don't just start running...sign up for a 5k. **You'll be surprised what you can do when you have a deadline or invest some money!**

08

Foam roll

Please please please learn this lesson from my mistake rather than making this mistake for yourself.

When I was in college my knees were giving me trouble. I decided to have knee surgery and all they discovered was scar tissue. It was discovered that my knee cap is being

pulled when I bend my knee resulting in the pain. Why was that happening? Tight IT bands.

Fast forward a couple years of ignoring it, I start running and guess what pops up...ding ding ding! Knee issues. Why? Tight IT bands. Foam rolling was the answer. Loosen up those tight IT bands. Boy did it make a difference.

Fast forward a bunch more years and I wake up not being able to walk due to strong hip pain. Guess why? Yup same story!

Enough was enough! I finally dedicated myself to rolling 3x a day EVERY DAY. Wow did that make a huge difference. Now I don't do it every day any more, but still very often. Don't ignore your body when it's clearly calling out for help!



Stretch out

Stretching goes hand in hand with foam rolling. You don't want those super tight muscles or you'll begin to lose mobility. I see this all the time with my clients who focus too much on strength and cardio. Don't forget flexibility!

Cool down stretches after a killer workout is not enough. Nope! Spend a good 20 minutes stretching. Stretch while watching TV - I mean, you're just sitting there right? Why not make it productive!

10

Get outside

Pandemic got you stuck inside? Don't let it! You CAN and you SHOULD workout outdoors! Boy does it feel good. It's refreshing! Re-energizing! And even better, you'll get your Vitamin D.

5:45am cardio classes in the winter (California winter but still chilly) are dark and cold but **boy does it feel good once your body is moving**. No sweat really and you are a bit more motivated to GET moving and also STAY moving!

This doesn't have to be all cardio either. Check out a park and take advantage of the surroundings. Use a park bench to do some push-ups or triceps dips. Use a short wall to do step-ups. Some parks even have dedicated workout equipment!

11

Record your stats

Nothing is a better motivator than seeing your progress. Just like running a longer distance or for a longer amount of time was for me. Knowing how many steps I take (or don't take) in a day keeps me motivated to hit a target or surpass a target.

When I got my first heart rate monitor, (before they were available on watches) I was SOO motivated to not only keep going back to certain classes, but I was also motivated to push myself harder. I LOVED seeing how many calories I was burning, what heart rate zones I was in, and how high my heart rate got.

If you haven't tracked that, START! It's so fun! lol maybe it's just the fitness geek in me but I LOVE seeing my stats and I know you will too.

Diet

Time to talk about FOOD. Food is super important to living a healthy lifestyle. It can make dramatic effects on how you look, feel, sleep, poop, and more! It can affect your cholesterol, blood sugar levels, immune response, blood pressure, and all sorts of other chronic health factors. With so much at stake, why do we eat so poorly?

Well it's cheap, quick, and easy to do so. That's why! Just look at McDonald's. You can get super unhealthy foods for only 1 dollar but try getting a salad and it will set you back 3 dollars! What nonsense is that!

Let's get to the good stuff and talk about all the healthy eating tips and tricks I've used for myself, as well as my clients, to achieve amazing results.

Let's get to it!

Drink water

It sounds simple right? Drink water. Easy peasy. It's free (mostly) it's clean (mostly) and it's great for you (hands down)! But why is it so difficult for everyone?

Taste - it needs to taste good. Get yourself a good filter.

Tap water is gross and if we've learned anything from Flint, Michigan, it's good to be cautious and clean it yourself.

Not enough to just be clean water? Add some bubbles and natural flavors like lemon juice, splash of apple juice, or really any juice that suits your fancy.

Drink from a straw! Ever notice how you can chug a fountain soda but have to sip a can of soda. Yup! Same idea.

Speaking of soda. Skip it! It's filled with empty calories that give you NO nutrition and doesn't fill you up. Not worth it.

Drink as much water as possible. 8 glasses MINIMUM and that's 8 - 16oz glasses. Not those little 8oz glasses. The more you drink, the fuller your belly will be, the clearer your skin will be, and you are flushing out your body. Take a look in the toilet bowl too, your pee should be fairly clear - just a pale yellow. That's how you know you are getting enough!

13

Fruit not fruit juice

Fruit tends to get a bad rap because of the sugar content. While that's true it also has wonderful micro-nutrients and fiber. Plus it makes a great dessert! That being said, fruit juice loses all the fiber but keeps the sugar. So it's not going to fill you up as much. Rule of thumb: eat your food rather than drink it.

14

Smoothies vs juices

Just like I stated in the previous tip - eat your food rather than drinking it. Same goes for juicing. Pulverize your fruits and veggies rather than squeezing the sugary water out. Yes you still get the micro-nutrients but it's just not as filling so it doesn't do you AS MUCH good. **Both are good healthy choices but smoothies are hands down better than juices.**

What about juice cleanses? I don't recommend them. I tried them a few times and while I saw quick results, I was hungry. I was quite literally starving myself. I wasn't getting complete macro-nutrients like protein and fats and way too low on the calories. All that initial weight you might lose at the beginning bounces back very quickly. And you risk the chance of gaining MORE weight back than where you started - like I did. Boo...

Whole grains

Carbs are not to be feared my friends. Truly! They are your body's main source (and preferred source) of energy. You need natural energy that doesn't come from a coffee bean or tea leaf.

That being said not all carbs are equal. Whole grains are key! **And no not whole grain bread. Actual grains.** Like rice, millet, quinoa, oats etc. The purest form the better. Whole grains provide you with:

- protein
- fiber
- b vitamins
- antioxidants
- and trace minerals like iron, magnesium, zinc and copper

Have you ever given up carbs all together? It sucks! When I did it, I was cranky AF. I envied everyone around me that was eating any carb and I shamed myself like crazy just to get through it. That doesn't sound very healthy. There's a reason it's a **macro**-nutrient. Because we need it! Eat your carbs and enjoy your carbs just try to stick to whole grains in their purest form.

16

Make it a lifestyle

You'll find I'm a BIG fan of making these healthy choices a lifestyle. A way of eating. **Most of the time eat healthy, but also enjoy your foods some of the time.** What's the point in living if you can't enjoy yourself. There's too many good foods out there to deprive yourself all the time!

This is where all my diets failed me in the past. This is what separates a diet and a lifestyle change. You have to make eating healthy a lifestyle...most of the time. Always! Not just to lose 10lbs but to keep 10lbs off. This is my key to keeping the weight off!

- I lost the weight and kept it off for 5 years following this rule
- I lost the weight again after my first baby - boy did I put the weight on during that pregnancy!
- Yet again, I lost the weight and have continued to keep it off since my second pregnancy 3 years ago

And you can too!

17

Slow down

Shoveling down your food is going to lead you to do one thing. Over consumption of calories. It should take you 20 minutes to eat your meal. I know...who has that kind of time! It takes your body 20 minutes to signal that it's full. If you shovel down your food in 2 minutes, you are not giving your body the chance to tell you to stop.

18 Chew your food

This one goes hand in hand with slowing down. Chew your food as much as you can. The more the food is broken down, the faster it will digest. The faster it will make you feel full. The faster your metabolism will run. Chew Chew Chew until you can't Chew no more!

19 Prep your meals

This also piggy-backs off of slowing down. Say you only have a 30 minute lunch, pack a lunch! Meal prep and packing your lunch is SUPER easy and makes healthy eating a breeze. Here's the steps:

- On the weekend, cook 3 meals that have multiple servings - Breakfast, lunch, and dinner
- Breakfast might be something like overnight oats

- Lunch might be something like a lentil soup with slices of whole wheat pita bread and a salad. All things that can be easily packed in a lunch and brought to work or quickly grabbed out of the fridge and heated.
- Dinner might be a homemade lasagna or enchiladas. Serve yourself up or even pack up 4 servings.
- Boom! Breakfast lunch and dinner for 4 days.
- Easy enough to make 5 days too if you want, or cook something new mid-week.

It's really quite easy. It just involves PLANNING. Decide what you are going to make ahead of time, shop for the items you need and cook it all in advance.

20 Up your protein

If you are working out at all, you want to up your protein. For the longest time, I was following the mentality of including protein, but not heavily focusing on it. I mean - elephants aren't drinking protein shakes or whatever and they are SUPER strong.

When I was pregnant, the recommendation was 60g of protein a day. I wasn't having that much so I upped it. Easy enough. After giving birth, I naturally stayed around 60g.

I wasn't losing the weight I wanted and more importantly, I wasn't getting the "toned" look everyone looks for.

It wasn't until I upped my protein **EVEN MORE** that all of a sudden I could see a bit more muscle and the numbers on the scale weren't moving! (I was losing the fat but putting on muscle) Sweet!!

It wasn't just me seeing these results either. Every client that followed my recommended protein intake, saw the same results too. They finally were able to see the muscles they were working so hard for and they felt fuller between meals - **Due to its ability to affect your hunger and satiety hormones, it's the most filling of the macro-nutrients.**

21 Mmm potatoes

Potatoes are one of my biggest friends when I'm having a "hungry day".

They are super filling, decent in calories (as long as you don't deep fry them or load them with all sorts of unhealthy items), and super versatile.

My FAVORITE is roasting or air frying. YUMM! Just **LIGHTLY** spray them with a bit of olive oil and sprinkle with salt and pepper. Don't soak them in oil...gross! (hello mega calories!)

Next time you are having an extra hungry day, reach for a potato!

22

Cook

Let's face it, the food you get when you eat out is not healthy. It's either loaded with extra calories, sodium, deep fried or gigantic portions. I was shocked to learn that a basic spaghetti pomodoro was double the calories at my favorite italian restaurant compared to my own home-cooked version. I mean really...double? That's insane!

I don't know about you but I'm also WAY more satiated when I eat at home. I can eat endless portions of Chinese food, let it digest and then go back for more 30 minutes later. But if I make that same food at home, **I make MUCH better choices** in portion size and I'm happy with how much I ate too.

It's also significantly cheaper too! So save money, save calories, save your waist line, and save your overall health and cook your food.

23

Avoid Temptations

Don't do it! Don't buy those unhealthy treats and snacks you'll attack in hot second.

I have avoided the snack aisle for YEARS because I just don't buy snacks. I'll get crackers, popcorn, and rice cakes and such but I remember this past year walking down the snack

aisle with my mouth falling to the floor. I haven't walked that aisle in so long! I'm talking the chips and cookie aisle. Even if I find vegan organic cookies or chips I run away from them. I know myself. I don't have control once I dive into it.

I had a moment of weakness in the clearance freezer section where I found Eddie's Vegan Cookies. My favorite kind too - oatmeal chocolate chip. Yum! They were a dollar something. I couldn't pass up the bargain so I put it in my cart. When I got home I looked at them and thought "uh...why did I get these". I avoided them for a week or so but then I had a bad day and guess what I did...yup...attack!!!! Ate half the bag. Not my proudest moment.

Lesson here - don't buy it if you can't make healthy choices when you have them. **Enjoy your treats! But if you can't enjoy them responsibly...don't even tempt yourself.**

24 Fresh vs Dried

I was horrified at the calorie content of dried fruit. I don't know about you but I could go to town on some yummy dried fruit. Or maybe I should say it doesn't fill me up much when I have a reasonable amount. But change out that dried fruit for fresh and boy does it fill me up. Let's look at the facts on this one:

- 1 cup grapes = 62 calories
- 1 small package of raisins = 129 calories

Yes I know there are quite a bit more "grapes" in a package

of raisins but focus on the size of what you are eating. That box of raisins isn't enough for me. It's a nice dessert but not a filling snack. I'll reach for some nuts or something to go with it. But that 1 cup of fresh grapes...perfect snack for me. Maybe even have 2 cups!

Look at this comparison for strawberries: A 3.5oz (100-gram) serving of fresh or frozen berries contains 32–35 calories, while 3.5oz of dried strawberries contain a whopping 396 calories. Yikes!

25 Snack on Popcorn

Popcorn makes a fantastic snack. I remember hearing this in college and buying up all the microwave popcorn I could and had an entire bag every night. Thinking "it's healthy".

Uh...no dear! Surprise surprise when I quickly put on 5lbs.

That microwave bag of popcorn can range from 400-600 calories. Ouch! That's not good.

The healthy version of popcorn is air popped. You get all the good healthy benefits of popcorn like fiber without all the nasty unhealthy oils from microwave popcorn. So yes, snack on popcorn, but make sure it's homemade and ideally air popped.

Living

Ok so you get the fitness down, you clean up your diet, is that enough? No, it's not. You need to look at all areas of your life and make sure you are making healthy choices EVERYWHERE!

Are you taking time for you? How's your stress level? Are you over worked? Are you celebrating the little things? Are you valuing your family? Are you finding balance between obligations and enjoyment? All these things are important. Living a healthy lifestyle is about finding balance between everything. Not just fitness and nutrition. Balance in life!

About a year ago I started getting strong chest pain, shortness of breath, heart palpitations, and fainting spells. I had CT scans of my heart and I went to the emergency room thinking I was having a heart attack. The symptoms were so REAL! It couldn't be anxiety. It didn't feel what I thought "anxious" would feel like. I wasn't overly worried about anything. Stressed sure but not enough to have these symptoms.

I was SO wrong. All my tests came back negative. Heart and arteries looked good, so it was all in my head. Physical yes, but my stress and anxiety were causing the symptoms. My lifestyle needed to change. I didn't want to be taking medications that could cause ugly side effects and I certainly didn't want to feel this way anymore.

Below I share the biggest things that worked for ME and what didn't work.

Breathe

I have a very dear friend who LOVES meditation. She lives and breathes meditation and I'm just in awe of her. I've tried it but I could never get into it. My mind would be all over the place, I'd be waiting for it to be over, my eyes were twitching, my heart rate wasn't going down by any means so I clearly couldn't do it. I'm way too fidgety and busy minded for meditation.

While "clearing my mind" meditation wasn't my thing, I could get into deep slow breathing. I learned that this is my form of meditation and it significantly helped with my stress and anxiety:

- By breathing slower and more deeply from your stomach, you signal your nervous system to calm down
- Deep breathing takes practice—it won't be immediately helpful

The more I did it, the more benefits I saw. So if you can't get into clearing your mind - try deep breathing!

Put You First

For a couple glorious years, I was a flight attendant for Virgin America. LOVED IT! Ever notice that part in the safety briefing about "putting your mask on before helping others?"

You need to take care of you before you can be a good wife, husband, mom, dad etc.

I was trying to be super mom! I was trying to cook my kids amazing foods, minimize their tablets, made sure they were outside as much as possible, had cool opportunities like going to Disneyland, gymnastics etc etc. Never mind that I was loosing my mind trying to keep up! No wonder my stress and anxiety was through the roof!

I was put on the back burner. I would only practice self-care when I actually had the chance which was...never. I finally had my wake up call and put my own mask on first. The kids will be just fine if they get a little tablet time or tv time so I can take a bath and relax. They'll be just fine playing by themselves (it's good for them actually) while I cook myself dinner. It doesn't mean I'm a bad mom at all! **In fact, because I put myself first and my needs first, I was a BETTER mom because I was rested and energized.**

Lesson learned. Take care of yourself first! Doesn't matter if it's in work, as a mom, a spouse or whatever. You need to put your mask on before helping others.

28

Get Help

Help comes in many forms. Therapists, neighbors, friends, family, medication, or even oils. The truth is NO ONE can do everything by themselves and it DOES NOT mean you are weak if you need help. I think it's the opposite actually.

I think it shows strength when you seek out help. It shows you aren't too proud to know you are not the expert in everything.

So I needed help. Scratch that...I still need help! When it came to my stress and anxiety, I turned to cannabis. But I went the medical route. I wanted help navigating that world! I saw my doctor who specializes in medical cannabis and he recommended not only a specific product that he trusts, but also put me on a treatment plan just like any other prescription/medication that you would take. Worked like a charm for me. It got me out of my funk so I could focus on changing things without the ugly anxiety symptoms. Then, when I was ready I would start going "off the medication".

I'm not saying you need to go down that route at all. But I am suggesting you seek help when you need it. It's SOO worth it. If it's medication/cannabis cool. If it's venting to your friends or family, awesome. No matter what, get help in some form.

29 Forgiveness

Am I perfect? Heck no! Look at all the mistakes I've made and guess what guys...I still make mistakes. I don't have it ALL figured out and I never will! No one does! But I don't beat myself up about it and you shouldn't either.

So you made some stupid mistakes in the past. So what! It's over with. Forgive yourself! You aren't doing it anymore so

no reason to hold it in your heart anymore. Let it go!

Acknowledge it, see it at every angle, and then forgive yourself for being dumb. We all make mistakes. **Dwelling on it only makes it worse.**

30 **Have some fun**

Life is way too short to be serious all the time. It's super easy to get bogged down in work, school, and family that you forget to have some fun and laugh! Dance and get silly.

Slam your partners face in some flour. (it's so satisfying)
Take a salsa class. Jump on your bed. Play a sexy game with your partner. Enjoy your life!

31 **Look at Yourself**

I'll bet anything you don't take time to tell yourself you are beautiful. Well you are gorgeous darling! Inside and out.

Take some time when you get out of the shower and look at yourself in your birthday suit. Look at every freckle, wrinkle, and stretch mark and say "you are beautiful!"

I remember thinking it was motivating to tell myself "run fatty" "burn off that tire around your belly" "look at those flabby arms fatty get to work". Absolutely horrifying! Did it work? Hell no it just made me feel bad about myself.

I don't need to add my own self hatred to the mix of things you hear and see on social media. Thoughts like that caused depression and disordered eating. Sooo not healthy.

If you are guilty of that too, time to stop! Stop the self hatred and tell yourself you are beautiful! Wrinkles and all! **You are perfect the way you are and the sooner you see that the better.** LOVE!

32 Celebrate

When you quit trash talking yourself it's time to celebrate! Celebrate everything and anything. You lost 11lb? Woohoo!!!! You go girl that's amazing! It doesn't have to be a milestone. It doesn't have to be the end of your goal. Every step in the right direction deserves being celebrated.

This made a HUGE impact on my own self-worth. I didn't think it was even noteworthy to celebrate something as small as a day of not caving into temptations. I pushed myself so low with all the trash talking, it was time to build myself up! And you should too!! **I acknowledge and celebrate my successes, big and small.** If you stepped inside my mind you'd laugh at all the things I celebrate. "Yes I read a chapter in a book. Go me!" "Kick butt girl you were on time for bath tonight." "Well done practicing that self-care and foam rolling your IT bands."

Let me be the first to say what you are probably thinking...it feels AMAZING! I walk around with my chin held high and proud of myself. **That's a much healthier attitude** than all that trash talking right? YES! Do it!!!

33 Sleep

How much sleep do you get? How much sleep are you supposed to get? Does napping help? All these things have plagued my mind from time to time. Sleep is so important and it's not given enough respect.

- **Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance**
- **What's more, poor sleep is one of the strongest individual risk factors for weight gain and obesity**

Yuck! I don't need any help gaining weight thank you. Do yourself a favor and prioritize your sleep. Take a nap if you have trouble getting enough sleep at night. Maybe that's what works for your body. You should feel rested and recharged when you wake up. That's how you know you've gotten enough sleep.

34 Get your Check-ups

Your health is important and skipping out on annual check-ups is just plain dumb. It's good to see where you are as a starting point AND if you made any progress or perhaps set backs from the year.

Maybe you'll get AWESOME news like your cholesterol is down 10 points. Sweet!! Maybe some bad news too BUT because you went and saw your doctor, maybe you found it early enough to do something about it. Avoid the doctor for too long and it might bite you in the butt.

Without saying names - my husband - didn't see the dentist for a couple years and when I finally convinced him to go, he had 4 cavities. Fast forward a few years now those teeth have crowns. Perhaps if he hadn't skipped out on all those visits they could have caught those cavities earlier and prevented the need for crowns. It's simple. **Play it safe and get your check-up!**

35 Baby Steps

35 tips and tricks are A LOT! Don't try diving into all of these lessons at once. Take baby steps. Pick maybe 3 to start with. Perhaps one from each category. Take it and master it. Once you feel you've got that down, go for another.

Maybe you'll find you're a rock star and can handle a bunch of changes at once. Perhaps the opposite. **Perhaps it takes slow movements in the right direction with focus and commitment to make things stick.** Do what works for YOU. Take those small steps and master them - one at a time.

Final Words

You made it to the end! If you liked reading this handbook, please TAG ME @coachcassandraoc on Instagram stories so I can repost you enjoying these lessons I just shared. I've learned A LOT and these were my TOP 35 that spoke to me the most and have also helped my own clients in the Take Back Your Bod program as well.

I have a feeling you probably found AT MINIMUM 5 things that will change the way you look at a healthy lifestyle.

Remember, these are MY lessons. The ONLY way I was able to come up with a lot of these is due to MISTAKES I made and EXPERIENCE. You cannot get experience if you are someone who avoids making mistakes and doesn't take any action at all. That's why I want to encourage you to make your OWN mistakes. Maybe in a few months or in a year from now, YOU'LL be sharing your 35 lessons with someone else in your community, just like I have.

If you want to still stay connected, make sure to follow me on Instagram where I share all of my candid moments @coachcassandraoc and/or subscribe to my channel on YouTube <https://www.youtube.com/channel/UCcHwvSg-kr6P8y0qSe7srLw> for even more tips and tricks.

Good luck on your journey!

Coach Cassandra