



Inspiration for the Dance of Life

Eat, Hydrate, and Play

(Excerpts from Kimberly's **Audience Participation Wellness Presentation™**,
Creating Sacred Relationship...Eat, Hydrate, Breathe, and Play©)

Creating Energy Reserves via eating and hydrating:

- Eat breakfast every day. By fueling our bodies and brains we automatically set up our bodies for natural hunger rhythms. For any of you who skip meals or under eat, you are entraining your body to keep fatty deposits because it doesn't know when you are going to feed it again.
- Eat healthy snacks between meals: whole fruits and vegetables, an ounce of cheese, turkey jerky, dried fruits, nuts.
- Protein is your friend. Lentils, lean meats, eggs, beans, cheese, nuts...do your research. Experiment and find what choices of protein keep you fired up during your days.
- Drink half your body weight, in ounces of water, every day. Hydration is key to healthy immune system and internal organ functioning.

You've now created energy reserves in your body and brain to be able to play!

Play Challenge: I challenge you to step on to your living room, bedroom, bathroom, health club, or office break room 'dance floor' for 15 minutes of dancing, daily. Move your body to music for 900 seconds, daily, and I guarantee you that your life will begin to look differently. Yes, people will most certainly look at you differently, too – fabulous! You'll feel better. You may shed a few pounds. You might lower your blood pressure. I invite you to really cut loose. Let out that howl, jam on your air-guitar, shake your groove-thing – celebrate your fine self!

Take good care,

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