



5 VITAL STEPS FOR OPTIMAL HEALTH



Hello and welcome to Green Thickies!

I am Katherine Kyle and I am the owner and blogger at GreenThickies.com.

I have made it my mission to help you to get the level of health you deserve.

I have a unique way of approaching health and wellness. I do not just want to give you a diet plan and wish you well. I work in partnership with a top holistic nutritionist and it is our job to look at all the different areas of your life, in addition to the food on your plate, to help create the plan that will bring you success.

I want to help you to say that final goodbye to faddy diets. Yes, you heard me - we are going to ditch them forever because as of this moment I am going to begin sharing with you my secrets and tips to achieve the health, vitality and weight that you, like so many others, have probably been chasing after for years.

I hope you are ready to learn and implement my 5 Simple Tips for achieving a Body that LOOKS AND FEELS FABULOUS, no matter what age you are! Are you ready for the good news now?

The good news is that we are not going to ask you to count calories, ask you to start or measuring out those carbs, fats, and proteins. We are not going to say the words restriction or deprivation. Instead, you and I are simply going to change your personal relationship with food.

I don't believe a healthy relationship will ever exist between our clients and their plates if they are living with lists of restrictions, labeling food choices as good or bad, or if they are generally not enjoying themselves and feeling energized and radiant. We work with our clients to create their happy, healthy life in a way that is flexible, fun and rewarding. We work on the relationship and make it stronger, better and more productive.



If you are ready to ditch the diets, look at food in a new way, and learn all my secrets for looking and feeling fabulous then you are in the right place. I am thrilled to have you here.

My mission is to help 1 million people get healthy and reach their ideal weight in 3 years.

IS THIS YOU?

Every day you wake up saying, "Tomorrow is the day I am going to lose the weight." Or, "Next week I am going on that diet my friend told me about." Maybe you think, "I am going to watch that weight loss challenge show and get inspired." Or possibly, "Maybe I will call that weight loss company that sends out the packaged food..."

IS this you, saying "diet" and "weight loss" in your head, on repeat? Do you promise yourself everyday when you look in the mirror that *tomorrow* will be the day? And what usually happens? Well, *tomorrow* never really shows up. So here is the good news for you – forget *tomorrow*; TODAY is your day!

You are busy. I am busy. We all live a busy life. We may not all have the same story but I promise you that I know this one thing to be true. The fact that this busy pace will never really slow down is the reality we have to face. So, waiting for the perfect moment to get our health and our lives in order is not a plan that will succeed. As I said, I am a busy person too and I know what it feels like to make promises to myself about tomorrows that I cannot keep. I used to be standing in your shoes. I know those shoes, they are tired, confused and fed-up.

Guess what? I changed shoes. During my time doing extensive research to recover my own health, I learned there was a direct link between the food I chose to put into my body and my health. I started to truly appreciate that the food choices I made were so much more than good or bad. They affected me on deeper levels. I needed to make the right choices in a broad sense (healthy/whole foods over processed junk), but also the right choices for ME. Once I began to better understand how my body reacts to certain foods and also began to incorporate new, healthy foods and enjoy creative and fun meals I realized – this game just

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changed! I felt energetic, happy, confident, and I was looking better, more radiant and more alive!

After I got married, my health went downhill and I ended up with Chronic Fatigue Syndrome. After being told there was nothing that could be done to help me, I made it my life long mission to devote my life to learning more about health. I managed to recover completely in just a few short months and was over the moon to get my life back.

This is why I'm so passionate about helping people to achieve their optimal levels of health because I understand what it's like to be so sick you can't move. And in contrast I am so fit and healthy now and not a day goes by when I'm not grateful for getting my health back.

If you are reading this and wondering what is going to put you into your new shoes, then get ready because TODAY is the day I will share my most favored secrets with you to set you on your path to success.



1. *EAT TO LIVE*

Eat Simple and Eat “Clean”. The more simply that you eat, the better you will feel. By eating simple combinations of foods you will not only lose weight but you will also experience and achieve the following:

- Weight loss
- Clear skin
- Mental acuity
- Reduced stress
- Increased energy
- Improved immune function
- Better digestion
- Reduced cravings

When you add foods that are green to your plate, they nourish your body and give you life. These foods strengthen your immune system, providing you with more energy. Choose greens like spinach, swiss chard, and kale to name a few; the darker the better.

If you do not like your greens or you are a green newbie, then try making Green Thickies. These are delicious meal replacement green smoothies. They taste of dessert – you can't taste the greens... I promise!

I will share one of my Green Thickie recipes to get you started in the mini reboot a bit further down.

Remember that veggies are good for you and even taking veggie baby steps is better than nothing! You will see and feel small improvements.



2. SWEAT

Exercise is so important for a healthy body. Whether you are running half marathons or just working up to a twenty-minute walk around your neighborhood, move your body! The benefits of raising your heart rate and getting a little sweaty are countless and proven.

Find a form of exercise you like because it's not fun if you have to talk yourself into it every single day. Try running, walking, tennis, fitness videos, yoga, or a sign up for a new class at your gym. I always encourage variety for my clients to keep them motivated and interested.

A good all around schedule could look like: 2-3 cardio sessions per week (i.e., running, kickboxing, cycling, Zumba), 2 strength training sessions per week, and one mind/body class (i.e., Pilates, yoga or TRX).

Beginners should strive for three workouts per week, 20-30 minutes per session. Experienced, very active adults should have a goal of 6 workouts per week, 60 minutes per session. Each week should have a rest day.

Enlist a friend, it's more fun and you become more accountable if you have a workout buddy. When you hit a hard day, just put on your sneakers and tell yourself you will do ten minutes.

You might find after ten minutes you are ready for more. Remind yourself that exercise releases endorphins into your body, which makes you a happier person. Exercise also burns calories, in turn lowering your weight, which I am guessing will also make you a happier person.

Sweating out your bodies toxins will give you more mental clarity, clearer skin, more energy and a healthier body – you got it, turning you into a happier person!



3. STRESS REDUCTION

Try to practice stress reduction at least 10 minutes per day. There are many options for this activity. Just like with exercise you need to find the one that works for you. As little as 10 minutes per day of doing something to relax has HUGE health benefits.

You will be amazed by the immediate results you can achieve. A sense of calm and mental clarity are critical in a busy day to strengthen your focus and help you to make better choices for you health and well-being. Don't pass over Step Three too quickly.

I recommend clients try deep breathing exercises, sitting quietly with a cup of tea or a book (just ten minutes will make a difference here), meditation, prayer, journaling, visualization exercises, reading over

personal goals you have written out, sitting outside in the sun, or going for a quick walk are just a few ideas to get you started.



4. FOOD

MY SECRET WEAPON

Food can either make you glow and give you endless energy, or it can make you feel tired, bloated and generally blah.

So my #4 secret tip is the gift of Healthy Foods & Clean Eating. Clean Eating is about giving your body a rest from the typical foods that you eat everyday. I call this my secret weapon or a Mini Reboot.



MINI REBOOT

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MINI REBOOT MENU

Upon waking:

Drink warm water with
the juice of a lemon



BREAKFAST

PEACE IN A CUP Green Thickie (filling smoothie)

Combine in a blender:

- 1 banana
- 1 cup unsweetened almond milk/rice milk/coconut milk or water
- 1 tablespoon ground flax seed
- Large handful of spinach
- 1 cup frozen berries
- ¼ teaspoon cinnamon
- Splash of vanilla

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- ¼ cup oats (optional)
- Ice (optional)

SNACK

Green apple & 10 almonds or walnuts

LUNCH

Spring Mix Salad With Chicken or ½ cup beans

- 6 ounces (2 handfuls) mixed baby greens (try red leaf lettuce, spinach or arugula)
- 2 oranges
- 1 cup raspberries
- 1/4 cup pumpkin seeds

Place the greens in a large bowl and top with orange sections, raspberries and seeds and toss with simple dressing of olive oil, lemon juice, salt and pepper. Add 4 ounces of grilled chicken or 1/4 cup of beans.

SNACK

4 ounces of coconut water & 2 tablespoons hummus with raw vegetables

DINNER

Tomato Weight Loss Salad

- 1 cucumber, diced
- 2 cups mixed greens
- 1 raw beet, grated

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- 1 medium tomato, diced
- 1 can/jar of artichokes, drained and rinsed
- 1 small bunch cilantro
- 1 avocado

Toss all the ingredients in a bowl and top with 4 oz of grilled chicken or salmon. Serve with balsamic dressing or toss drizzle lemon, olive oil & sea salt.



5. BE A LABEL DETECTIVE

For the next week, before you eat something from a package or put something into your shopping cart I want you to READ THE LABEL.

If you see a list of ingredients you cannot pronounce, let alone spell – put it down and walk away. If your grandmother would not recognize those ingredients, put it down and walk away. So many foods have pretty packaging with nice words like ‘healthy’, ‘low-fat’, and ‘whole grain’. Unfortunately, that is just the marketing. The truth resides in that food label. All of those man made chemicals and additives are keeping you from attaining your goals.

Most healthy, whole foods do not come with labels at all – think fruit, vegetables, proteins. This is where the fuel for your body is. Start with the labels and see how your choices become clearer and clearer.

WORK WITH ME

To find out more about how you can work with me, please go to <http://www.greenthickies.com/coaching/>

Are you ready to get results like these?



Sandy Serafin
December 17 at 12:39pm

Status: I have been eating this the chicken and kale soup along with 1-2 smoothies a day. My snacks have consisted of nuts and sunflower seeds. I am finding I am getting full faster (I eat and chew slower) and my energy level is at an all time high. I have lost now 6 pounds and 1/2 inch off of my belly! Oh soooo happy! My cravings have lessened, I believe, because this is the first time in years I'm seeing progress instead of the steady weight gain. But I must admit my first treat turned into 3 treats all at the same time. Can't do that. At work, several times today, I would start to go for a pastry ; then reminding myself, about my goal, and how it wasn't worth it, because of the progress I had already made.

Also years ago, I had a constant cough, which wasn't productive. I went to several doctors but I still coughed. Then a few months ago, a new doctor treated me as if I had pneumonia and it lessened but never fully went away. Well, since having started the smoothies, I have been getting rid of yellow stuff from my mucus. I haven't had the persistent cough since. Just not sure if it was allergies or it was an undiagnosed case of pneumonia. Either way, it is so nice not to have that pesky cough.

I guess I am giving my body a chance to heal itself with all of the fruits and veges. I am also not overloading on food. When I feel hungry, I eat till satisfied and stop.

I want to thank you for all the tips and the recipes to a healthier me!

I look forward to hearing from you.

Katherine Kyle

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