

OPTAVIA Healthy Habits eNewsletter

 optaviashare.com/p/d2f63fc5f2375393e3a7b250b4a26c4b/12944543



Maintaining Your Weight vs. Optimizing Your Health

Co-founder and independent **OPTAVIA** Coach, Dr. Wayne Scott Andersen, defines optimal health as, "the highest degree of health that is possible for you to achieve." Many factors influence our health and wellbeing each day, one of which is maintaining a healthy weight.

However, achieving optimal health is not just medical self-care and maintaining a healthy weight. Optimal health is about increasing your potential and recognizing your value. Here are some simple, yet impactful, tips to create optimal health and wellbeing in your life in addition to reaching a healthy weight:

- **Love yourself.** A healthy mind is just as critical to your overall health as physical fitness. You have to feel that you are important enough to allow yourself to change. Remember to make yourself a priority and celebrate your victories, even the small ones, on your unique journey to optimal health. This will motivate you to continue working toward your goals.
- **Be present.** When you are present, your mind does not dwell on the unchangeable past or the uncertain future. Living in the moment can help create and sustain meaningful relationships, improve social skills, and opens you up to experience new things.
- **Eat healthy foods.** The food you put into your body can impact your mood and energy levels. Having a healthy diet can help you reach and maintain a healthy weight, and reduce the risk of disease.
- **Get plenty of sleep.** Sleep plays an important role in physical health, brain function, and emotional wellbeing. Aim to get between seven to nine hours of sleep each night to allow your body ample time to revitalize.
- **Manage stress.** Realizing that you are in control of your life is the foundation for managing stress. Take charge of your thoughts and emotions by identifying the stressors in your life and utilize healthy and productive coping methods.
- **Have a support system.** Building connections with others and having a support system can increase the chances of reaching your goals.

Please reach out to me, your independent **OPTAVIA** Coach, for additional support and guidance as you continue your journey to optimal health and wellbeing.



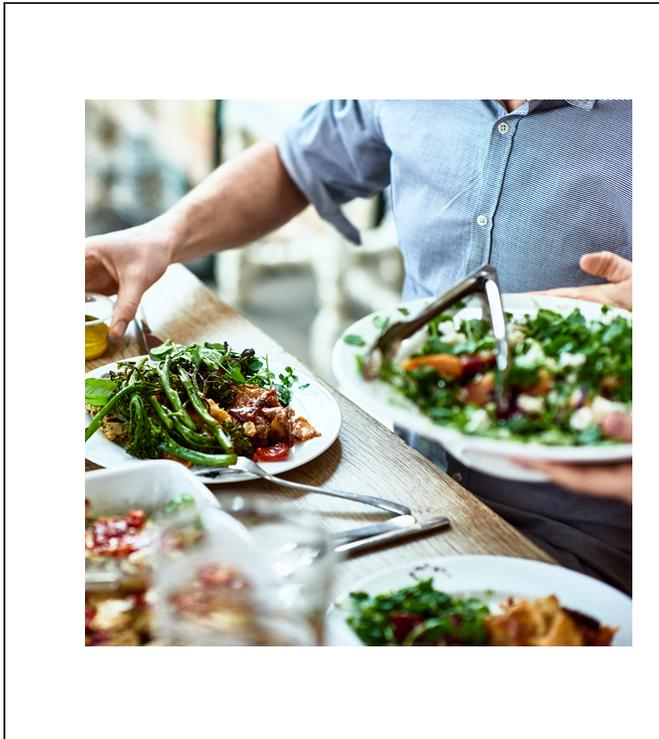
Check out Dr. A's Element Stories [here!](#)

It's Time for Fall Sports!

If you or others in your immediate family like watching fall sporting events, it's the time of year to gather with immediate family and friends on the weekends to root for your college alma mater or NFL team, catch baseball during the post-season, enjoy tennis at the U.S. Open, now is an exciting time of year for sports fans.

Fall outings may include party food that's not usually on plan. The great news: staying on plan during these outings can be easy!

Stay on track during a fall gathering or sporting event with these tips:



- **Eat beforehand.** A simple way to deter yourself from overeating at parties is to eat before you go to ensure it will be easier to fight temptation, while giving you more time to focus on catching up with friends and watching the game itself!
- **Bring plan approved food.** Sometimes what compels us to eat is the fact that everyone else around us is eating. Packing a Fueling or delicious Lean & Green meal to share is a great way to enjoy this time with your loved ones, while not straying from your health goals. Download the **OPTAVIA** App, available in the **App (Apple)** and **Google Play (Android)** store, for a selection of over 170 recipes to make in advance and then bring to your next party!
- **Stay active.** Consider being active during half-time or the seventh inning stretch, by standing up, stretching, or taking a quick walk around the block. Going to the big game? Take the stairs instead of the escalator or elevator and periodically walk around the stadium.
- **Share your story.** Telling friends and family about your health journey will provide immediate support. Similarly, if you are hosting a gathering, offer delicious Lean & Green meals for your guests.

Remembering your **WHY**, your goals, and trying the tips above, will help keep you on track while enjoying this exciting time of year.

If you need to talk through other tips or ways to stay on plan when the temptation can be strong, reach out to me, your independent **OPTAVIA** Coach! I'm here to support you and guide you to success!



Sheet Pan Tandoori Chicken

Recipe Serves: 4

Total Time: 30 minutes

Per Serving: 1 lean, 3 green, 3 condiments

Ingredients

1½ lbs. boneless, skinless chicken thighs

1 cup reduced-fat plain Greek yogurt

1½ tbsp tandoori spice mix

¾ tsp salt, divided

3 cups sliced red bell peppers

3 cups sliced fresh tomatoes

¼ cup cilantro, coarsely cut

Directions

1. Pre-heat oven to 425°F.
2. Remove any visible fat from the chicken thighs and place them in a mixing bowl.
3. Add the yogurt, tandoori spice mix, and a ½ teaspoon of salt; mix well.
4. Spread the tomatoes and peppers on a sheet pan and sprinkle with ¼ teaspoon of salt.
5. Place the chicken on top of the tomatoes and peppers, and bake for 20 minutes.
6. Divide chicken and vegetables into 4 equal portions, sprinkle with cilantro, and serve hot.

Nutrition Per Serving: 300 calories, 35g protein, 13g carbohydrate, 11g fat

Download the **OPTAVIA** App today for additional Lean & Green recipes!



Journey to Success: Tracy

Reclaiming Health.

Tracy's journey began with a fierce dedication to change herself. Fortunately, this determination led to something greater – a holistic lifestyle change.

"A year ago, I stepped on the scale at my primary physician's office, a task I generally always hate, but that year was different."

After seeing how much she weighed, Tracy knew she needed to start doing things differently. She got on plan and began seeing positive changes in herself. Tracy noticed that losing weight* while learning healthy habits allowed her to feel better, have more energy, and enjoy life more every day.



"Being I work in healthcare; it was natural that I quickly began thinking how I could help others by paying it forward and sharing my success. At that point, I realized I could become an independent **OPTAVIA** Coach and coach others into learning and ultimately creating healthy habits."

Tracy ordered her **OPTAVIA** Business Kit and to her excitement her first **OPTAVIA** Client was her aunt! From there, it became a ripple effect.

"Being an **OPTAVIA** Coach brings me happiness, health, and a sense of purpose. **OPTAVIA** has allowed me to reclaim my life, earn back my health, and fit into a bikini I haven't worn in more than 25 years."

Tracy's life is forever changed for now, and she is eager and excited to empower more of her family, friends, coworkers, and others to find optimal health and wellbeing, while living their best life.

**Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks.*



Bill Ellis
Independent **OPTAVIA** Coach
coach.billellis@gmail.com
<https://coach.optavia.com/williamellis>
708.704.7617
Orlando, Florida



Share this with someone:



© 2022 **OPTAVIA**, LLC. All Rights Reserved