

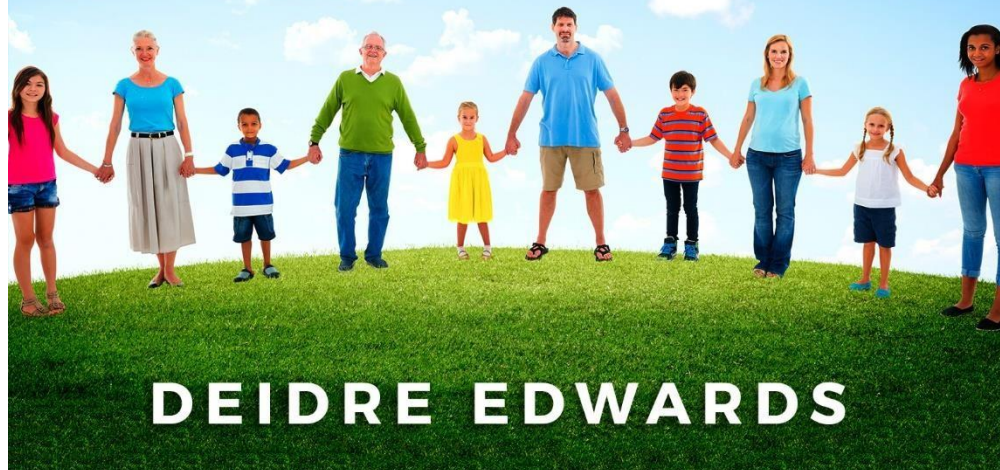
# Bonus Materials for

Designed for Health Series

INCLUDES  
BONUS MATERIAL

# TOOLKIT — FOR — *Wellness*

Master Your Health  
and Stress Response for Life



**DEIDRE EDWARDS**

**Congratulations on claiming the Bonus  
Materials included in your  
*Toolkit for Wellness!***

**These “Easy Tweaks Methods” are developed to ensure your success on your life-long journey in improved health and wellness.**

**Your Bonus Materials include:**

- **Easy Tweaks to Better Living**
- **Easy Tweaks Habit Tracker**
- **Easy Tweaks Exercise Success Plan**
- **Perfect Plate Template**

# *ETs – Easy Tweaks to better living*

This is meant to be a ‘living’ list – always changing and moving with you! Add and modify at will!

- Upon wakening, revisit the positive thoughts you silently spoke just prior to going to bed.
- After swishing out the ‘cobwebs’ from your mouth, drink one full glass of water.
- If you don’t sing in the shower, practice oil pulling while you bathe; it’s just enough time to swish in a new way! Start with a teaspoon of coconut oil to melt and swish in your mouth! Work up to a tablespoonful over time. Remember to spit in the trash and not down the drain. This is an amazing way to freshen breath, whiten teeth, and get rid of germs.
- Aiming for another glass of water? Before you leave the bathroom (that’s the trigger) grab another glassful.
- Grab that thirty seconds before leaving the bedroom to throw your bed together and open the curtains to greet the day! Too easy not to do, and a terrific boost to your state of mind and sense of forward motion and control.
- Pause just before brewing the coffee or tea to take 5 mindful breaths.
- During brew time, take those few minutes to exercise. Exercises can include kitchen counter push-ups, squats, stepping in place, and flying like an eagle- all outlined in the Starter Exercises chapter.
- Going out to breakfast? No need to skip your before and during brew time routine! Just do the before brew time movements to start the day with success! Who does not have 3-5 minutes? Just doing even the minimum goes a long way to feel good about yourself and keep up the progress.
- Getting the newspaper? Increase your steps to include circling around the house.
- Just exercised inside the house? Continue that exhilaration by jogging to and from the newspaper box.
- Do the same thing when you pick up the mail!
- Just for today, try a no-to-low carb breakfast. See Toolkit for Wellness “The Perfect Plate” section.

- Before eating, take a few more mindful breaths as a part of your gratitude. Does wonders for digestion!
- As you mindfully breathe, ask yourself if you could let go of a worry or negative feeling- just for today- you can resume tomorrow if you wish. As you exhale, release it with your breath!
- At work? Before shifting into high gear, take a few more mindful breaths. You can face the challenges of the day by having a calm inner Self.
- Start your personal transformation process by choosing just ONE goal for self-improvement. Keep track of checking it off every single day by using the Easy Tweaks Habit Tracker prominently displayed on your refrigerator or bathroom mirror. Stick with that ONE thing for a whole month before working on anything else.
- Find ways to grab additional outdoor time and be mindful of the sight, sound, feel, and smell of it!
- While watching television, use the commercial breaks to get up and move around. “Time to stir” is my motto! Join with others to get into the commercial break habit of movement. Turn it into a game, each person leading the rest in some kind of simple movement. Kids will love this!
- While standing or waiting, practice balancing on one foot. Always have something to hold on to for balance checks.
- Check the tension in your shoulders by mindfully dropping them down.
- If you are on a tailspin of negative thoughts or feelings, say out loud “STOP!” Then mindfully breathe a few times. Say a favorite affirmation out loud.
- Before closing your eyes at night, think of something good that happened today. Reflect on how things will go well for you tomorrow. Envision success. Lastly, tell yourself that restful sleep is on the way.
- If you have children, ask for their help in your self-improvement journey. Help them see that self-improvement is a natural, healthy, and life-long goal. You can help each other. Being a role model will influence them forever.
- Is disorganization a problem? Next time you set *anything* down, put it in its rightful place right then! Really this is a lazy way to being neat, you see, because it saves you from the angst of seeing it in the wrong place and weighing on your mind, and it save you from having to pick it up all over again to put it –finally- where it belongs!
- With national and world news so dismal all of the time, make sure to read something positive each day. In addition to your daily holy readings, seek something that will fortify your quest in

personal development and growth. Inspiring stories can be a bedrock for positive mindsets. Hold such inspirational stories near your heart and mind.

- Sprinkle on added protein and Omega 3s to eggs, salads, and vegetables by adding seeds or nuts to any meal.
- Trying to cut down on starch at every meal? After converting to a no-starch breakfast first, serve two non-starchy vegetables at dinner more often. One of those could be a salad with avocado for extra satisfying and healthy fat – do not forget some nuts or seeds on top!
- Waiting for something to heat up on the stove? Take those moments to reach for the ceiling and stretch, or do a few squats, kitchen counter push-ups, or forward/side/back leg lifts using the counter edge as your ballet bar.
- Sitting for a long time? If you can't stop the car or get up from the chair to move around, try clenching and relaxing your buttocks and thigh muscles to get circulation going.
- Desk-sitting exercises can really break up the drag of being seated. Do leg lifts and hold your legs out straight from the knee for a while. Rotate your feet in a circle; point toes and bring them back several times. Keep the beat to the piped in music!
- Still drinking flavored lattes at your favorite coffee shop? Cut down on the sugar by asking them to reduce the number of flavor squirts by half. You will still enjoy the flavor but the sugar 'hit' will be cut by half. Save these for special treat days.
- Take your own gluten free crackers to the next party! You can enjoy the dips but without the gluten, and you can spread the word by example.
- Whether you live alone and need company or you have children needing a positive distraction, put up a bird feeder that's visible from the dining table! There is always something going on, and you will be guaranteed to go outdoors to fill it up! One of the best investments with lasting returns!
- Turn hum-drum errands into an adventure! Look for opportunities to spread a little cheer everywhere you go. Have the children "I spy" someone who needs help loading groceries into their car. Ask the man in a wheelchair if you can reach for something up on the top shelf. Help the elderly lady untangle her shopping cart from the rest. Hold the door open for someone!
- Get caught up in helping someone else and your troubles will melt away!
- Smile, and be thankful!



# ETs *for Starting an Exercise Plan*

Please remember, I am not an exercise specialist. Anyone starting exercise of any kind needs to FIRST clear with their health care professional regarding what they are going to be doing. Always be safe; never do a movement if it hurts in any way. If you experience pain, always STOP, and consult your medical professional before continuing. This is just me sharing with you how I came to do an easy daily routine that was user-friendly to me. Everyone is unique and what works for me may not work for you. I am not responsible for any adverse effects that may transpire when others attempt to do what worked for me.

If you are starting from scratch like I did, then this plan will painlessly take you by the hand to become a new you who exercises every day. The basic precept, as outlined in *Toolkit for Wellness*, is to start so small that there is just no reason not to do it. I mean, who doesn't have 15 seconds?

That's where we start- 15 seconds! I went from zero formal home exercise to doing planks, slants, and pushups in 6 months. It could have taken less time, but- hey- I was doing something every day (for the most part) and I was moving forward. Positive actions always have an effect over time. This plan will take you there in less than 90 days!

The momentum from daily accomplishments absolutely transforms the mind and spirit. I make sure to do my little routine first thing each morning- even before brewing the coffee or tea.

Follow along with me as I show you how the application of incremental "Easy Tweaks" to your movements will yield great results over time. Start NOW. I mean...who doesn't have 15 seconds?

Refer to the Starter Exercise chapter for details on how to do each movement

Day	Time	Movement
1	15 seconds	½ plank
2	15 seconds	½ plank
3	15 seconds	½ plank
4	15 seconds	½ plank – you want to do more, but stay with 15 seconds
5	15 seconds	½ plank– you want to do more, but stay with 15 seconds
6	15 seconds	½ plank– you want to do more, but stay with 15 seconds
7	15 seconds	½ plank– you want to do more, but stay with 15 seconds

You reached a point where you probably wanted to do more, yes? That's good. The first seven days are about starting a habit. I am glad you wanted to do more. Isn't that great? We will ramp things up a bit in the next few days.

Day	Time	Movement
8	30 seconds	½ plank
9	30 seconds	½ plank
10	30 seconds	½ plank

11	30 seconds each	½ plank AND slant
12	30 seconds each	½ plank AND slant
13	30 seconds each	½ plank AND slant
14	30 seconds each	½ plank AND slant

You are well on your way to establishing a great daily pattern. Now we'll take it up a notch. Do your exercises as outlined below before going to the kitchen to brew your tea or coffee. Then, during brewing time, stand in your kitchen and do 20 high steps, bringing you knees up as high as you comfortably can. Keep the counter within reach for balance checks. Next do five normal speed squats and five normal speed kitchen counter push-ups. Refer to Starter Exercise chapter for technique.

Day	Time	Movement
15	40 seconds each	½ plank AND slant
16	40 seconds each	½ plank AND slant
17	40 seconds each	½ plank AND slant
18	40 seconds each	½ plank AND slant
19	40 seconds each	½ plank AND slant
20	40 seconds each	½ plank AND slant
21	40 seconds each	½ plank AND slant

Good job! Your morning routine is awesome and you are so proud and pleased with yourself to be not only just getting this exercise behind you first thing in the morning, but being consistent is a breeze! Continue with the planks and slants before brew time. During brew time, take less than a minute to do the following: 5 squats a bit slower this time: “down, two, three; hold, two, three; up, two, three.” If you can't do 5 of these slower squats, then do just 3 and gradually work up to 5. Then do 5 kitchen counter push-ups to the same slower count: “down, two, three; hold, two, three; up, two, three.” Again, if 5 is too hard, start with a lower number and gradually work up to 5.

Day	Time	Movement
21	45 seconds each	½ plank AND slant
23	45 seconds each	½ plank AND slant
24	45 seconds each	½ plank AND slant
25	45 seconds each	½ plank AND slant
26	45 seconds each	½ plank AND slant
27	45 seconds each	½ plank AND slant
28	45 seconds each	½ plank AND slant

For the next seven days, continue with the pre-brew time ½ plank and slant. During brew time, ramp up the squats and kitchen counter push-ups by slowing them down a bit again. This time to a count of 5: down to a count of 5, hold for a count of 5, up to a count of 5. Strive for 5 repetitions.

Day	Time	Movement
29	50 seconds each	½ plank AND slant
30	50 seconds each	½ plank AND slant



31	50 seconds each	½ plank AND slant
32	50 seconds each	½ plank AND slant
33	50 seconds each	½ plank AND slant
34	50 seconds each	½ plank AND slant
35	50 seconds each	½ plank AND slant

HINT: If watching a watch face is agony for you (I hated it) then, you might count your plank and slant time by counting your breaths. Still with your watch, do your plank time, but as you mark the beginning of your minute, take slow, deep, deliberate breaths. See how many breaths you take during a minute of plank time. From then on, you can just count your paced breathing. Getting the oxygen going around is very helpful, anyway, so the deep breathing is a win-win. Counting breaths is easier than counting the seconds going by.

This week during brew time, do the walk/jog/run in place exercise described in the Starter Exercise chapter. Aim for 10 steps for each stage as you gradually ramp up from high step to rapid step to jog to run in place and then in reverse, slowing down with 10 steps in each phase. You'll feel really revved up so to balance things out, do the Fly Like and Eagle exercise described in the book.

Day	Time	Movement
36	60 seconds each	½ plank AND slant
37	60 seconds each	½ plank AND slant
38	60 seconds each	½ plank AND slant
39	60 seconds each	½ plank AND slant
40	60 seconds each	½ plank AND slant
41	60 seconds each	½ plank AND slant
42	60 seconds each	½ plank AND slant

Congratulation! You have passed a major mile stone! You are exercising every day. In just a very few minutes each day- **less than five minutes** – you are now doing full minute ½ planks, slants, AND brew time exercises! Bravo!

For the next seven days, you will be easily building on your progress. You will start doing 15 seconds of a full body plank followed immediately by the ½ plank for a minute. The ½ plank will feel like vacation after the full body plank. Then roll over to do the slant. Brew time will be a return to kitchen counter push-ups done at the slower 5-5-5 pace followed by the slower squats at the 5-5-5 pace.

Day	Time	Movement	Time	Movement
43	15 seconds	Full body plank	60 seconds each	½ plank AND slant
44	15 seconds	Full body plank	60 seconds each	½ plank AND slant
45	15 seconds	Full body plank	60 seconds each	½ plank AND slant
46	15 seconds	Full body plank	60 seconds each	½ plank AND slant
47	15 seconds	Full body plank	60 seconds each	½ plank AND slant
48	15 seconds	Full body plank	60 seconds each	½ plank AND slant
49	15 seconds	Full body plank	60 seconds each	½ plank AND slant

Did you ever think those ½ planks would feel so easy? You are definitely getting there! For the next seven days, you will continue with this incremental trend of ramping up your routine. But still, you are spending no more than 5 minutes on exercise! But you are doing it consistently and are checking off daily goals and are getting stronger.

Pre-brew time is listed below. Brew time is going to be the walk/jog/run in place routine as before followed by Flying like an Eagle concluding with palms up arm circles- 10 forward and 10 backward.

Day	Time	Movement	Time	Movement
50	30 seconds	Full body plank	60 seconds each	½ plank AND slant
51	30 seconds	Full body plank	60 seconds each	½ plank AND slant
52	30 seconds	Full body plank	60 seconds each	½ plank AND slant
53	30 seconds	Full body plank	60 seconds each	½ plank AND slant
54	30 seconds	Full body plank	60 seconds each	½ plank AND slant
55	30 seconds	Full body plank	60 seconds each	½ plank AND slant
56	30 seconds	Full body plank	60 seconds each	½ plank AND slant

You are definitely making fantastic progress. Think of it: YOU doing exercise first thing every morning. All done in stride before and during brewing tea or coffee. Easy peasy!

For the coming seven days, the plank is ramped up just a bit- I know that last little bit can be hard. By now, the ½ plank is like kindergarten, isn't it? Funny how consistent efforts can rapidly change our abilities.

Brew time will be really slow motion squats and kitchen counter push-ups. Slow to the count of 10-10-10. This is much harder, so three each is enough!

Day	Time	Movement	Time	Movement
57	40 seconds	Full body plank	60 seconds each	½ plank AND slant
58	40 seconds	Full body plank	60 seconds each	½ plank AND slant
59	40 seconds	Full body plank	60 seconds each	½ plank AND slant
60	40 seconds	Full body plank	60 seconds each	½ plank AND slant
61	40 seconds	Full body plank	60 seconds each	½ plank AND slant
62	40 seconds	Full body plank	60 seconds each	½ plank AND slant
63	40 seconds	Full body plank	60 seconds each	½ plank AND slant

You are getting there... 50 second full body planks are your next goal! Brew time will be walk/jog/run in place and Fly Like an Eagle followed by 20 palms up arm circles each way forward and backward.

Day	Time	Movement	Time	Movement
64	50 seconds	Full body plank	60 seconds each	½ plank AND slant
65	50 seconds	Full body plank	60 seconds each	½ plank AND slant
66	50 seconds	Full body plank	60 seconds each	½ plank AND slant
67	50 seconds	Full body plank	60 seconds each	½ plank AND slant
68	50 seconds	Full body plank	60 seconds each	½ plank AND slant

69	50 seconds	Full body plank	60 seconds each	½ plank AND slant
70	50 seconds	Full body plank	60 seconds each	½ plank AND slant

This is a big week! You graduate to a one minute full body plank! You can do it! The ½ planks feel like dessert, now! Brew time exercises can be a mix of what you have been practicing. Just keep up with doing the really slow motion squats and kitchen counter push-ups every other day.

Day	Time	Movement	Time	Movement
71	60 seconds	Full body plank	60 seconds each	½ plank AND slant
72	60 seconds	Full body plank	60 seconds each	½ plank AND slant
73	60 seconds	Full body plank	60 seconds each	½ plank AND slant
74	60 seconds	Full body plank	60 seconds each	½ plank AND slant
75	60 seconds	Full body plank	60 seconds each	½ plank AND slant
76	60 seconds	Full body plank	60 seconds each	½ plank AND slant
77	60 seconds	Full body plank	60 seconds each	½ plank AND slant

You have the idea now. Slow and steady. A little bit each and every day. It has been practically no time, now, and you have gone from “zero to 60” in ½ planks, full body planks, and slants. BRAVO! In this same fashion, you can introduce ½ body push-ups from the floor during pre-brewing time. They do not have to be pretty; just bend your arms a bit and come up. When you can do five or more decent ½ body push-ups, try adding 2-3 full body push-ups first. You know how it will go; after a few full body push-ups, the ½ body push-ups will seem easy.

This Grandma did it; you can, too! No matter what your age, incremental steps can make putting some meaningful exercise into your day even before it has really started. Your strength, muscle tone, and balance will be vastly improved with very little effort on your part. Best of all, you will feel refreshed and ready to start the new day!

**PERFECT PLATE**

