## 8 FOUNDATIONS

## FOR A HEALTHIER, STRONGER YOU

***Simple lifestyle habits that support your health, wellbeing and healthy body composition over the long term.***

There is no magic diet.

No perfect exercise programme.

No single habit that fixes everything.

Our health is influenced by many things, including what we eat, how we move, how we sleep, how we manage stress and how we look after ourselves.

The good news?

**You don't have to change everything at once.**

## SIMPLE, NOT EASY

**Tracey Race Health Coaching**

*You are not broken. You are becoming.*

## 01 — GET STRONG 💪

Strength is an important part of healthy ageing.

Building and maintaining muscle can support:

- physical function
- strength and independence
- bone health
- metabolic health
- everyday activities

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tracey@traceyracehealthcoaching.com

- healthy ageing

And you don't have to start with a complicated gym programme.

Start where you are.

Try:

- bodyweight squats
- wall push-ups
- resistance bands
- lifting weights
- carrying groceries
- climbing stairs

**START SMALL. BUILD GRADUALLY.**

The goal isn't to become an athlete overnight.

**It's to become a little stronger over time.**

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## 02 — MOVE MORE 🚶‍♀️

Movement isn't just about burning calories.

Regular physical activity can support:

- heart health
- mobility
- strength
- mood
- sleep
- stress management
- overall wellbeing

Walking is one of the simplest places to start.

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Take the stairs.

Walk while you talk on the phone.

Park a little further away.

Get outside.

Break up long periods of sitting.

**FIND WAYS TO MOVE THAT YOU ACTUALLY ENJOY.**

More movement. Less sitting. No punishment required.

## 03 — FOCUS ON FOOD QUALITY 🥦

**Rather than getting caught up in complicated diets, start with the basics.**

**Build more of your meals around:**

- vegetables
- fruit
- protein
- whole or minimally processed foods
- fibre-rich foods
- healthy fats

These foods can provide the nutrients your body needs while helping meals feel satisfying.

You don't need to label foods as "good" or "bad".

Instead ask:

"What could I add that would nourish me?"

A little more protein?

Some vegetables?

A piece of fruit?

More water?

**Small changes count.**

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## 04 — PUT PROTEIN ON THE PLATE 🍳

Protein helps build and maintain muscle and can contribute to feeling satisfied after meals.

Try making protein a regular part of your main meals.

**Think:**

eggs • chicken • fish • lean meat • Greek yoghurt • cottage cheese • tofu • beans • lentils

You don't need to obsess over numbers.

Simply ask:

**"Where's the protein?"**

Then build your meal around it.

Nourish your body. Don't punish it.

## 05 — FILL UP ON PLANTS 🥗

Vegetables, fruit, legumes and other plant foods provide fibre, vitamins, minerals and other beneficial nutrients.

A simple starting point:

**ADD SOME PLANTS TO YOUR MAIN MEALS.**

Think:

🥦 broccoli
🥕 carrots
🥬 leafy greens
🍅 tomatoes
🫑 capsicum
🥒 cucumber
🍓 berries
🍎 fruit

Fresh, frozen and canned can all count.

**It doesn't have to be fancy.**

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## 06 — EAT MINDFULLY 🧘‍♀️

Mindful eating isn't about eating perfectly.

It's about becoming a little more aware.

Before or during a meal, notice:

**Am I actually hungry?**

**Am I eating quickly or slowing down?**

**Am I enjoying this?**

**Am I comfortably satisfied?**

And sometimes:

**Am I eating because I'm stressed, bored, tired or distracted?**

There is no judgement in noticing.

**NOTICE FIRST. CHOOSE NEXT.**

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Mindfulness is a skill.

And like any skill, it gets easier with practice.

## 07 — SLEEP & RECOVER 😴

Sleep, stress, movement, food and mental wellbeing are all connected.

When we're tired and stressed, looking after ourselves can become much harder.

So don't overlook the basics.

**PRIORITISE:**

- regular sleep where possible
- recovery time
- downtime
- connection
- time outdoors
- activities that bring you joy
- realistic expectations of yourself

Recovery isn't laziness.

**RECOVERY IS PART OF HEALTH.**

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## 08 — START SMALL & BUILD 🧩

This might be the most important foundation of all.

You don't need to overhaul your entire life tomorrow.

Choose **one thing**.

Make it small enough that you can actually do it.

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tracey@traceyracehealthcoaching.com

Repeat it.

Then build.

For example:

Instead of:

❌ "I'm going to exercise every day."

Try:

✅ "I'm going to walk for 10 minutes after dinner three times this week."

Instead of:

❌ "I'm going to completely change my diet."

Try:

✅ "I'm going to add vegetables to lunch this week."

**SMALL + CONSISTENT BEATS BIG + UNSUSTAINABLE.**

**Simple doesn't mean easy.**

But small changes, repeated consistently, can add up to meaningful change.

## YOUR HEALTH IS BIGGER THAN A NUMBER

Weight can be one measure of health, but it isn't the only measure.

Don't forget to notice the other wins.

**ARE YOU...**

Getting stronger?

Moving more easily?

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Sleeping better?

Eating more nourishing food?

Feeling more energetic?

Managing stress differently?

Feeling more confident?

Enjoying food without guilt?

Doing things you couldn't do before?

Showing yourself more compassion?

**THAT'S PROGRESS TOO.**

Health isn't a destination where you finally become "good enough".

It's an ongoing process of learning, adjusting and becoming.

You don't have to do everything.

You don't have to do it perfectly.

**JUST START SOMEWHERE.**

Choose one small thing.

Give it a go.

Learn from what happens.

Adjust.

And keep going.

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## SIMPLE, NOT EASY.

**You are not broken.**
**You are becoming.**

### WANT SOME SUPPORT PUTTING THIS INTO PRACTICE?

Knowing what to do is one thing.
Actually making change happen in real life can be another.

If you're feeling stuck, overwhelmed or ready to make some changes but don't know where to start, let's have a chat.

Book a free 30-minute First Step Call with Tracey.

No pressure. No judgement. Just a conversation about where you are, where you'd like to be, and what might help.

**BOOK YOUR FREE 30-MINUTE FIRST STEP CALL**

**Tracey Race Health Coaching**

Registered Nurse • PreKure-certified Master Mental Health & Wellness Coach • Trauma-informed practitioner • Mental health & behaviour change specialist

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