



pavelka 

“Well-being is taking a look at your whole self and your whole life. It’s a lifestyle for a lifetime.”

Jessie Pavelka

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[www.pavelkawellness.com](http://www.pavelkawellness.com)

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# About Jessie

Jessie Pavelka is a fitness and wellbeing specialist who works with individuals, groups and corporations in the UK, the US and in Europe. He is known for his appearances on TV in shows such as –

- Biggest Loser USA.
- Obese: A Year to Save My Life
- Fat: The Fight of My Life

His philosophy, The Pavelka Way – The Four Elements – has been created through his 15 years of working within the health and fitness arena. By making small changes in four areas of life – Eat, Sweat, Think and Connect – you can create a healthy, sustainable lifestyle enabling you to feel good each day.

Jessie has written in depth about his philosophy in his book 'The Program' (Hachette Publishing(US)/Piaktus Publishing(UK)). Texan born Jessie, currently based in Los Angeles, is working on projects on both sides of the Atlantic.

 JessiePavelka

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 Jessie Pavelka



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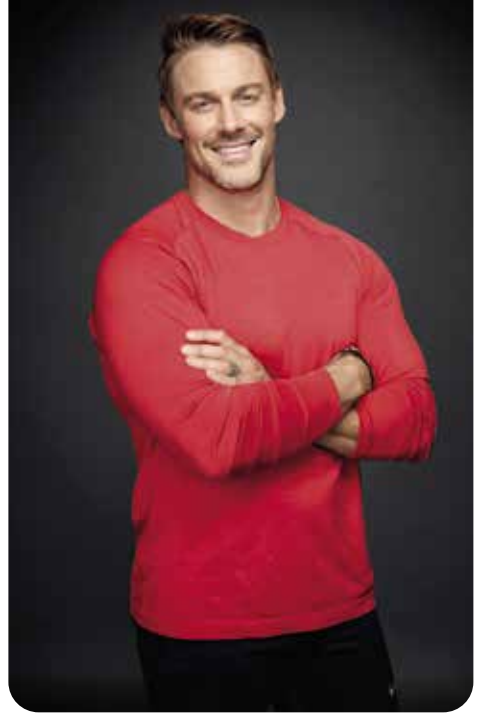
# I'm excited for you!

If you are reading this then you have made the decision to change.

Your reasons for holding this guide in your hands will be different for each one of you – but one thing I can guarantee is that you are ready to take the first step towards well-being by embracing The Pavelka Way through The Four Elements. Take note of this moment. Stop. Think. If your life was a film, what would the flashback scenes look like? I would imagine they would show a collage of experiences, both good and bad. All of these experiences add up to the person you are today. You.

Take a moment to appreciate who you are. I encourage you to find a mirror and take a good look. The person looking back at you deserves to be the best version of themselves, right? YOU deserve to feel good each day, to take care of yourself, mind, body and soul and to create wonderful fulfilling, memories to take forward. Many of you will also want to be the example to those whom you love and care for. Now is that time. Your chance to shine is here and you have everything you need to do just that.

My philosophy of well-being is simple. Based on tiny changes, made daily, in four areas of your life, will add up to major shifts over time, as those tiny changes become daily habits.



Sustainability is key – this is for the rest of your life. Your plan will be different from everyone else's – this is a one-size-fits-one approach. But I encourage you to share the journey with those around you and support others who are also taking steps to improve their lives and celebrate the successes.

This guide takes you through the start of your new life. The tools are at your fingertips. Do the work, enjoy the process and pay it forward as you go. See you along the way.

Here's to your well-being.

A handwritten signature in black ink that reads "Jessie McFadden". The signature is fluid and cursive.

Jessie

# The Four Elements



## EAT

Food is feeling good. Food heals, nourishes and nurtures our bodies and our minds. It brings us together connecting us to ourselves and the world around us.



## SWEAT

Each day we have an opportunity to live through our bodies. We must make time to give ourselves the gift of movement.



## THINK

Awareness of the self and living in the present is one of the most precious gifts we can give ourselves.



## CONNECT

Connection is the gateway to the soul; the pathway to purpose and meaning'.







## The Four Elements: Eat

“Food is feeling good. Food heals, nourishes and nurtures our bodies and our minds. It brings us together connecting us to ourselves and the world around us.”

### Let's talk Eat

Many of the people I work with struggle with choices surrounding food, so my aim with this Element is to remove the mystery and make food simple. Sounds good, right? Firstly there is something that we need to fully understand. Food is not the enemy! Food is there to nourish...that's it. Not as an emotional crutch and not as a distraction from boredom. And, food is not the enemy!

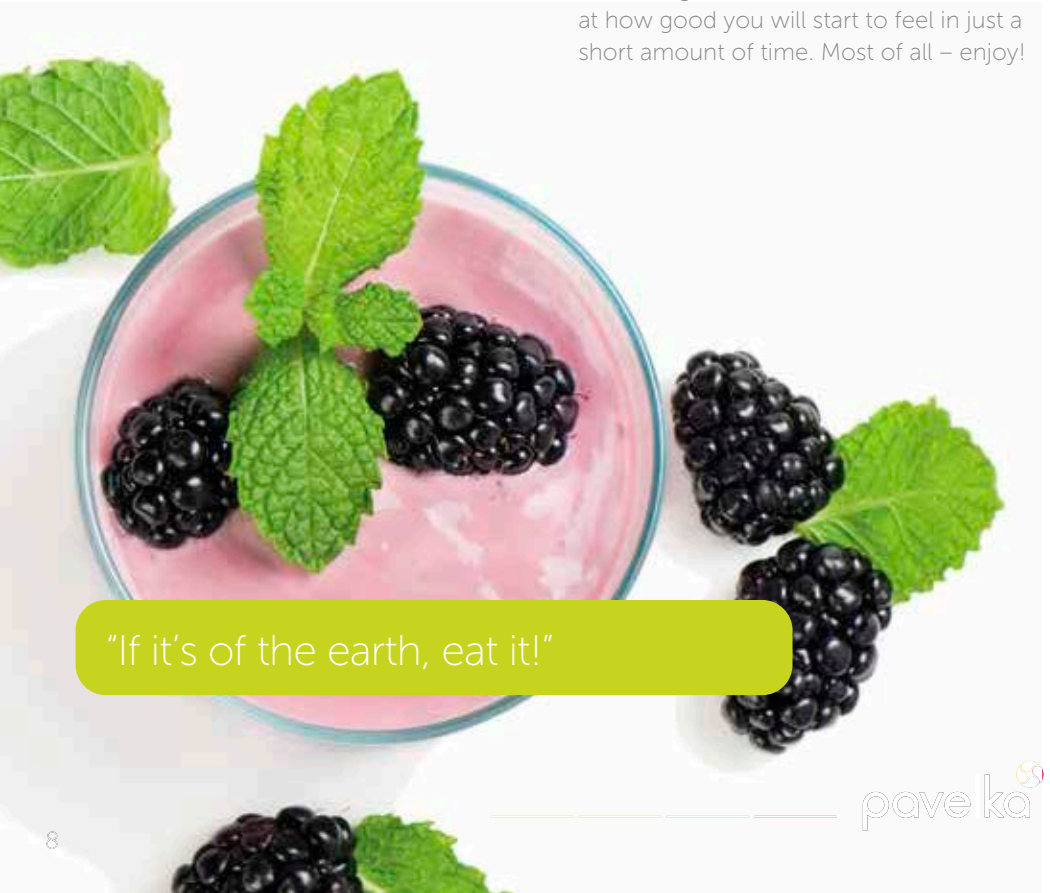
Over the years in many cultures we have developed this unhealthy emotional reaction to food and instead of dealing with the reasons behind why we are eating in the wrong way, we see the food itself as the problem. If we took away the emotions as to why we are not eating in a sensible balanced way, we would see things more clearly and begin to make choices based on what our bodies and minds need, rather than an emotion that is clouding our clarity.

# The Four Elements: Eat

I love food! I embrace the diversity of different types of food and love experimenting to see how I can make tasty, wholesome meals for my family. I never make food complex and I rarely spend hours and hours in the kitchen cooking – that would become a chore – but I do give it some thought before buying and then preparing food, and I base my choices around what the need is (for those who are going to eat it) and what is available at the time.

My food intake is divided into 3 meals and 2 snacks per day. I add a variety of colour to my plate, eat protein with every meal and eat from the earth. There is some more specific information around food in the Ask Jessie section of this guide.

From now on plan ahead when it comes to your food. The seven day quick start will help you do this and the planner will continue to keep you in check. Think about your portion size as well. Does it represent what your body needs for the day? All in all, keep food simple, nourishing and relevant. You'll be amazed at how good you will start to feel in just a short amount of time. Most of all – enjoy!



"If it's of the earth, eat it!"



# Challenge your beliefs

- Food is here to make you feel good and provide energy
- Food is connection – it brings us together
- Food can heal, nourish and nurture
- Food provides strength – both of body and will

## The Work

Food is fuel

5 meals = 3 + 2

Hydrate

Plan ahead

Put colour on your plate

## Your Eat

**Protein:** Chicken breast or mince, turkey breast or mince, white fish, tuna, egg, salmon, extra lean beef mince, lean steak, Quorn products, pulses, legumes, nuts and seeds

**Carbohydrate:** Sweet potato, basmati/brown/wild rice, couscous, quinoa, lentils, wholemeal pita, wholemeal fajita wrap, brown pasta

**Fibre:** Green vegetables – broccoli, kale, asparagus, green beans, cabbage, spring greens. Salad leaves, peppers, cucumber, radish, tomatoes, onions (for a low carbohydrate option avoid carrots and sweetcorn)

**Fats:** Avocado, olive oil dressing, seeds, cheese (all in moderation)



Embrace the diversity of different types of food.



## The Four Elements: Sweat

“Each day we have an opportunity to live through our bodies. We must make time to give ourselves the gift of movement.”

### Let's talk Sweat

Our bodies are miraculous machines and are built to move. Sweat, movement, exercise; whatever you want to call it and whatever it means to you, needs to be an integral part of your day.

I encourage people to move every day, in one way or another. Not necessarily a full gym workout or 10km run – but anything that gets your blood pumping and your heart beating faster. That can be as simple as a brisk walk.

Plan it in to your day. Ask yourself, ‘How can I move today’. Schedule the time and make it happen.

I hear people say ‘I don't have time to exercise.’ Really?!? I don't buy that! Find time. Trim the fat out of your schedule and really look at how you can carve those 10 minutes here and there to get moving.

# Challenge your beliefs

- Your body is a miraculous machine
- Exercise comes in many different forms
- The body likes to be challenged
- Movement connects you to your most natural self

## The Work

Do something every day

Challenge your 'sweat' by setting goals

Add variety – change it up.

Get the family involved

Find windows of time

Be part of a group or find an accountability partner



## The Sweat

Here are examples of ways to 'sweat' each day

- Yoga/Pilates
- Strength training
- In the park or at home workouts
- High intensity/Low intensity
- At play with the kids
- Dancing
- Cardio

"Exercise comes in many forms  
– figure out YOUR sweat"



# The Four Elements: Think

## Let's talk Think

We understand Eat and Sweat, however Think is a bit more tricky as it's applicable to all four elements. Nothing happens without a thought, right? The first thing I would encourage you to consider with the Think element is becoming aware. Awareness is the most important aspect of wholesome health – without it we can be blind to what we are doing and what we need to change.

Awareness comes when we take the time to consider our actions, words and mostly our thought patterns. How many times do we blindly sabotage our health with habitual behaviours? See what I mean?

The biggest part of the think element is to s-l-o-w down. Press pause. Take a beat, a breath, a moment to consider. Rash decisions are often ill considered, but taking a minute to stand back and consider your next choice will completely change so many parts of your life – it did mine!

Learn your triggers and spot when they are happening. You will notice a shift in your behaviours and it will all happen in those 'pause' moments.



“Take a beat, a breath, a moment to consider.”

# The Four Elements: Think

Some people enjoy training their thoughts through meditation which is a great way to slow the mind down and get back to what really matters – you! Even just sitting quietly and taking deep breaths will help hugely and this can be done at any time. Spend some time each day logging in your planner or journal some thoughts about your day. I do this first thing in the morning before picking up my phone and logging on to the day. Others do it last thing in the evening. There are no rules here. This is your plan and your life.



Lastly, a word about devices. Our lives have become reliant upon our smart phones and although technology is an extremely necessary part of our day, I tell people to switch off at least an hour before they go to bed and plug into their lives in the morning for a period of time before plugging into their tech. The result of these tiny changes will be better quality sleep and a calmer entry into the day. Sound good? Then do it!

“Awareness of the self and living in the present is one of the most precious gifts we can give ourselves.”

# Challenge your beliefs

- Your mind is an incredible tool but it is not always right
- Practicing 'Think' allows you to create peace of mind and peace of life
- Your experiences of the past do not create the reality of the moment
- Breathing is the single most powerful thing we can do as human beings

## The Work

Breathing

Set daily Intentions

Meditation

Affirmations

Journaling

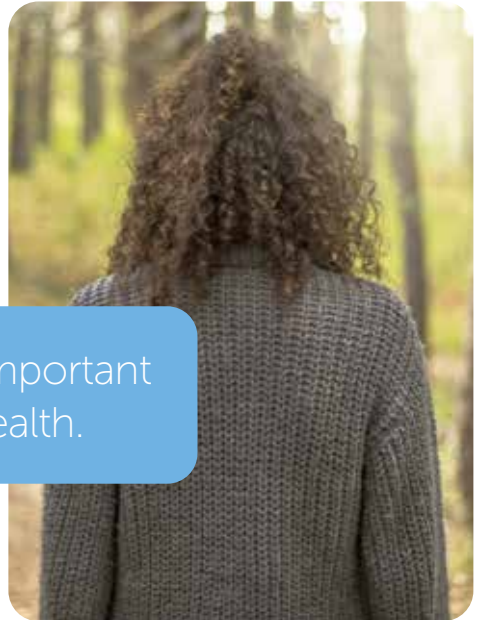
Read/Listen

## Your Think

### Things to consider

- Put the devices down
- Live life in a 24 hour period
- Practice 'presence' – be in the moment
- Be open to a new way of thinking

Awareness is the most important aspect of wholesome health.







## The Four Elements: Connect

“Connection is the gateway to the soul;  
the pathway to purpose and meaning.”

### Let's talk Connect

Connect is our fourth element and should again be focused on in equal proportion to the other three.

I talk about connect in 4 ways:  
Connect to the self. Take time to think about yourself and your personal story. What is it saying about you? How are you feeling about you right now? How much time to allow yourself to consider your place in this world? I say to people, be selfish when it comes to connection to the self.

No one else is going to gift you a healthy relationship with yourself – you have to create it and taking the time to connect to who you really are will allow you to do that.



# The Four Elements: Connect

Connect to another person. Making sure that the people you are 'hanging out' with in life is critical to your health. Is the connection a healthy one? If not, you know what to do. Change it! This is your life and you are in the driving seat.

Connect to a group. They say that there's safety in numbers. I say there's fun, learning and self-improvement in connection to a group that serves the bigger picture of your life.

If you are isolated and feeling alone, connect to a group, whatever that looks like, and enjoy the diversity that the human race brings. Your ability to thrive will be enhanced when you connect with the right group.

"When I get out into wild places, the vast expanse opens me up and connects me to something greater than myself."



Finally, connect to a greater purpose or a higher power. I'm not talking about religion, God or anything specific. That's for you to decide. I choose the enormous power of nature. When I get out into wild places, the vast expanse makes my problems seem so much smaller and more manageable.

Each day, mark in your planner how you have connected and how it made you feel. Overall, the purpose of the The Four Elements is to give you the road map to feeling good – the route is one you plan yourself and the connections you make along the way are the road signs to help you make your journey more fulfilled and meaningful.

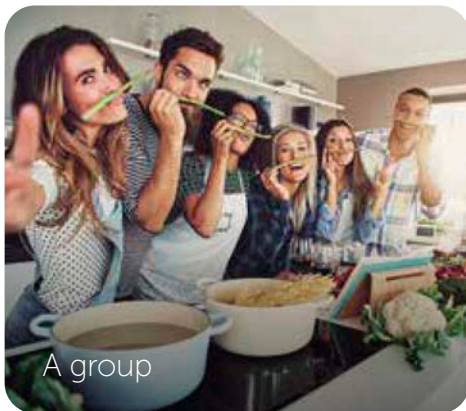
Enjoy the ride!



# Challenge your beliefs

- Live The Four Elements to strengthen your connection with 'the self'
- Be authentic on your communication – find your true voice. In groups and teams, create experiences that develop vulnerability, empathy, compassion and ultimately a deeper connection.
- Be open and receptive to connecting to something greater than you.
- It's up to you to figure out what that 'something' is.

## The Work



# The Long, Honest Look in the Mirror

It's important to reflect on where you have been, what you have experienced, what you have embraced and what you could have done differently.

# The Long, Honest Look in the Mirror

Then focus on where you are now – how you feel – what's happening in your life. What do you appreciate and what changes would you make.

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# My Why

Every day that we wake up we need a purpose and a reason – our 'why'





# Setting Challenges

*I feel like ever since I was a child I have been burdened and/or graced with challenges. At times I have struggled with them and have lived in a place of "why me?", "how could this be?"*

# Setting Challenges

However, I have also been gifted with challenges that have given me hope and belief in myself, others around me and the universe. I have often asked myself 'How can one challenge leave me feeling lost and confused and another give me direction and confidence?'

Now I have come to understand that a challenge always carries opportunity. So take a moment now to focus on the challenges that you have been set in your own life. I believe we have this innate desire and need to move; to climb; to build and to achieve. It is a very liberating experience to set yourself a challenge – something to aim towards.

This starts with an 'honest conversation' with yourself and a fearless look into your inner-most self. Where are you right now? What do you want? How do you want to feel? Where do you want to be?

Sometimes taking a good long look in the mirror and allowing yourself to actually see yourself can be the gateway to a deeper connection. Once you've had a talk with YOU, then you are ready for action.



So what will your challenge be? Is it to climb the mountain? Is it giving more focus to your family and less to work? Is it taking on more work and achieving more targets? Figure out what your challenge is. Remember, a challenge should be challenging, if that makes sense and you have to be aware that there will be difficult times along the way that will test your resilience.

It's safe to say that acceptance and awareness must be at the forefront of your thinking. If you want to climb a mountain, yet aren't prepared to wake-up a little bit earlier and take the first step then maybe a mountain isn't for you.

"I believe we have this innate desire and need to move; to climb; build and achieve."

# Setting Challenges

Also, if you aren't prepared for 'The Wall'; the place where you question your ability; where fear starts to consume your thoughts and words and where your limits start to feel met, then maybe there is some extra inner work that needs to be done. I'm here to tell you, go BIG! I've worked with many people who could not see the way forward. But once those people connected with their inner self, set the challenge, did the work and believed they could – there was no way they could fail.

Belief at this stage is key. After you've set the challenge it's all about commitment and consistency in your thoughts, words and actions, but also with a gentle reminder that both of these, commitment and consistency are not always there or easy to achieve.

We can commit to doing our best but if a rainy day does come along, don't be afraid to kick your feet up and relax. Action doesn't always mean doing, sometimes action is not doing and being okay with that.



However, regardless if you're in the 'doing' or 'not doing' part of this stage of your challenge, you must remain connected to your cause. Surround yourself with the people, places and things that excite you and pull you closer to your success.

Find the pictures and playlists that motivate you. Take a moment each day to shut your eyes and image yourself in the challenge and achieving it. Before bed do some writing about your challenge and how you feel about it all. Coach yourself. Imagine yourself hitting 'the wall' and what you'll be saying to yourself to get through it.

After you've done the work and you're standing with your toe on the edge of the cliff, remember that fear is a funny thing, it's 100ft tall, 200ft wide, but it's paper thin. Take your step into the unknown, get uncomfortable and embrace it.

**This is the time when you celebrate all of your hard work and enjoy the experience to the fullest!**

You are alive and you have arrived!

# Your Commitment to The Four Elements



# Your Commitment to The Four Elements



How many times have you made a plan, even written your goals down and that's as far as you have got? It's time now to change the habit and see things as commitments when you make them. Commitments to yourself.

These commitments to life are simple, effective and timeless. Return to them each time you need a power-zap and re-ignite the passion in your own health.

Now it is time to create your own commitments. The ones that you decide on now and that you also come back to regularly. So in each of the areas here, write your commitment to each of the elements. Put them in the present tense, as though you are already doing them.

'I am using food as fuel as I plan my meals and make each action count each day'. Commit to up to three under each element. Think about them, as they will shape your life going forward. Refer back to The Four Elements section to give yourself a reminder of what each element means.

**Good work. Your life is now taking shape.**





# Your First Seven Days of The Rest of Your Life



# This is where the exciting part starts and the work needs to begin.

Use these next 7 pages as your life plan for the next seven days. Now I'm not going to be telling you what to eat each day - everyone is different - but I am encouraging you to get moving each day, eat 3 meals and 2 healthy snacks, pay attention to how you feel and create daily connections of meaning. However you decide to do it, record it here. Plan, do review - plan, do, review - every day.

Pay attention to how you feel from the moment you make this commitment to change things in your life. Feels good, right? When you take action you take back your power which can be depleted by the rigours of life.



“Good luck and most of all...enjoy!”

All in all the next 7 pages, your new week of health, should contain your small changes, based on your commitments to the four elements. Let's make this plain. You are not on a diet - you are living a lifestyle - one that serves not only you, but those around you too.

# My Plan

Day 1...

Put a great quote here to start your day.

Today I will:

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Thunderbolts:  
Todays 'Ah-ha!' moments...

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**Eat**

Breakfast .....

Snack .....


Lunch .....

Snack .....

Dinner .....



**Sweat**



**Think**



**Connect**

# My Plan

Day 2...

Put a great quote here to start your day.

Today I will:

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Thunderbolts:  
Todays 'Ah-ha!' moments...

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**Eat**

Breakfast .....

Snack .....


Lunch .....

Snack .....

Dinner .....



**Sweat**



**Think**



**Connect**

# My Plan

Day 3...

Put a great quote here to start your day.

Today I will:

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Thunderbolts:  
Todays 'Ah-ha!' moments...

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**Eat**

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....



**Sweat**



**Think**



**Connect**



# My Plan

Day 4...

Put a great quote here to start your day.

Today I will:

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Thunderbolts:  
Todays 'Ah-ha!' moments...

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**Eat**

Breakfast .....

Snack .....


Lunch .....

Snack .....

Dinner .....



**Sweat**



**Think**



**Connect**

# My Plan

Day 5...

Put a great quote here to start your day.

Today I will:

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Thunderbolts:  
Todays 'Ah-ha!' moments...

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**Eat**

Breakfast .....

Snack .....


Lunch .....

Snack .....

Dinner .....



**Sweat**



**Think**



**Connect**

# My Plan

Day 6...

Put a great quote here to start your day.

Today I will:

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Thunderbolts:  
Todays 'Ah-ha!' moments...

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**Eat**

Breakfast .....

Snack .....

Lunch .....

Snack .....

Dinner .....



**Sweat**



**Think**



**Connect**

# My Plan

Day 7...

Put a great quote here to start your day.

Today I will:

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Thunderbolts:  
Todays 'Ah-ha!' moments...

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**Eat**

Breakfast .....

Snack .....


Lunch .....

Snack .....

Dinner .....



**Sweat**



**Think**



**Connect**

Be Inspired

# Be Inspired

“You have to wake up and be excited about the struggle, excited about the things that are going to be put in front of you and appreciate the hard times.”

What motivates you...?  
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“Lifestyle change, this isn’t temporary, it’s every day for the rest of your life.”

“The first step towards getting somewhere is to decide that you are not going to stay where you are any longer”



“It’s a choice, and it’s up to you to make the choice that serves you best. It’s pretty easy to make the wrong choices, to make the right choice you have to wake up and commit.”



# Be Inspired

“Find the version of yourself that says ‘I’m ready’ so that you and life can hang out together and enjoy...even laugh.”

“Don’t live small... live BIG!  
Do the things you talk yourself out of... FLY.”



“That critical moment when you either decide to keep going or stop. It’s the critical stride, minute, rep, breath where the real work is done.”



“Be the change you want to see.”

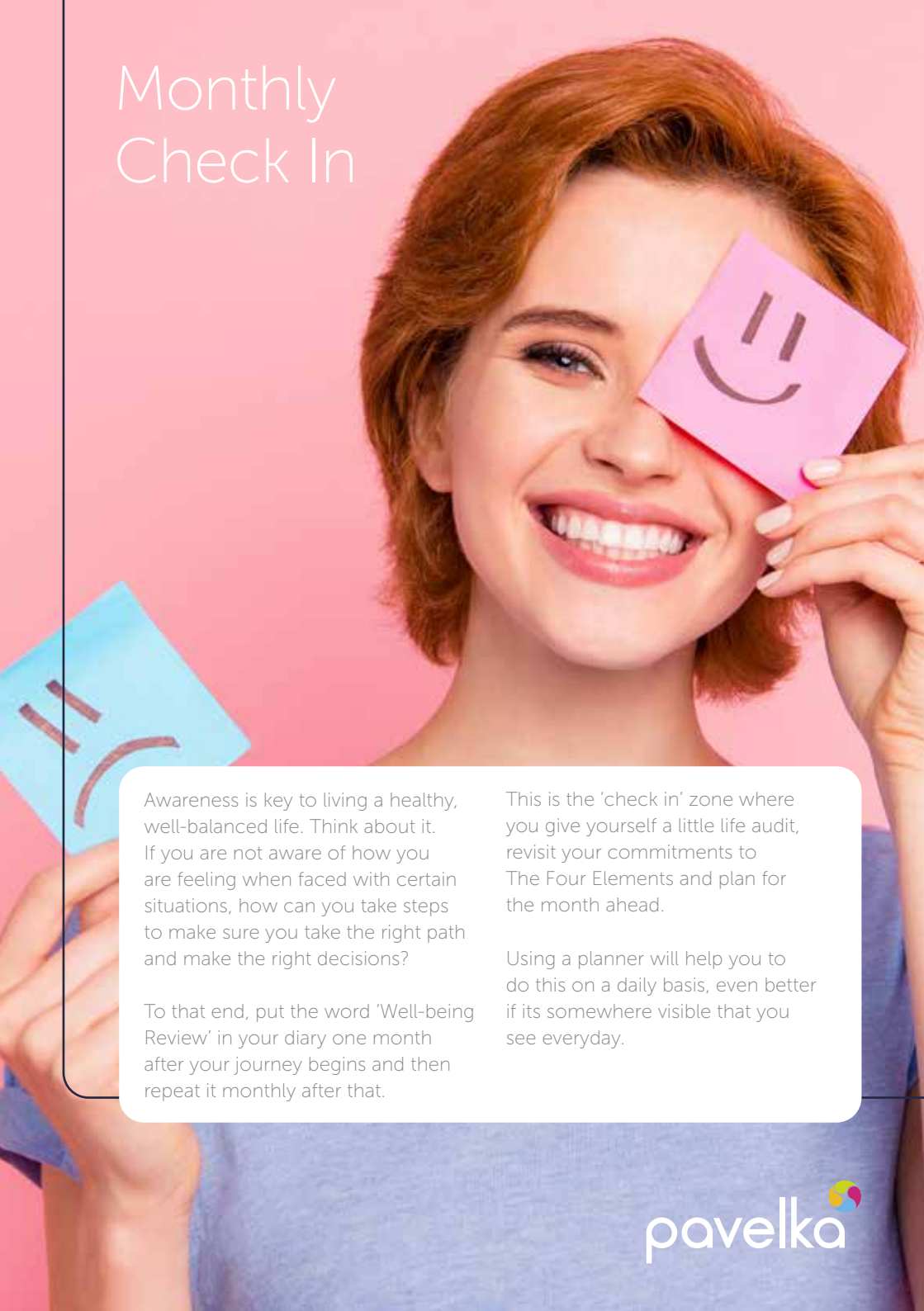
What inspires you...?

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“Real courage is allowing yourself to be vulnerable... allowing yourself to give your whole self to everything you do...be vulnerable. Allow yourself to be seen.”

“We have only tapped into a small portion of what we’re capable of... that should excite you.”

# Monthly Check In



Awareness is key to living a healthy, well-balanced life. Think about it. If you are not aware of how you are feeling when faced with certain situations, how can you take steps to make sure you take the right path and make the right decisions?

To that end, put the word 'Well-being Review' in your diary one month after your journey begins and then repeat it monthly after that.

This is the 'check in' zone where you give yourself a little life audit, revisit your commitments to The Four Elements and plan for the month ahead.

Using a planner will help you to do this on a daily basis, even better if its somewhere visible that you see everyday.

# Monthly Check In

Circle the level of achievement you've reached, 1 being low, 10 being high.  
What can I do to make small changes going forward next month?



How have I been implementing  
EAT?

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How have I been implementing  
SWEAT?

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How have I been implementing  
THINK?

1 2 3 4 5 6 7 8 9 10

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How have I been implementing  
CONNECT?

1 2 3 4 5 6 7 8 9 10

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Ask Jessie

# Ask Jessie

## **Which is more important diet or exercise?**

They work extremely well together. I don't think there is one that is more important. It's about balance. It also depends on the individual. Some people understand exercise but not too much about nutrition. The way we work with people is 'one size fits one' so it's up to the individual to work out where their gaps are but at the end of the day, balance is key along with a strong understanding of the other two elements, Think and Connect, for the best chance of success with your health.

## **I have a young family and busy job. Everything else seems to be taking my time and I feel frantic. How do I find time to implement 4 changes each day?**

I think busy is something everybody feels at times. But are you really? I would say if you are feeling busy and not actually busy there are some easy solutions. If you are overdoing things then there are some changes and maybe sacrifices that need to be made. Number 1 is finding those small windows of time.

What are the opportunities you have throughout the day like the 5 minutes to say, 'Okay, I can do this here, I can do this there...' It's about looking at your schedule as a whole and saying "This is when I wake up, this is when I go to bed, this is what I can achieve outside and this is what I am already doing. So how can I fit in those small slots of time changes around The Four Elements?" It takes a long, honest look at your schedule, at your lifestyle, and a long, honest conversation with yourself, then you will start finding time.

You may also like to set some boundaries with yourself and those around you. We tend to think that our time is taken up by everything outside of what we have control over – but is that really true? When you have identified where you do have control, set your boundaries, explain to others why you're setting them, and then be consistent in those areas.

**"The way we work with people is 'one size fits one'"**

# Ask Jessie

**When choosing a nutritionist what should I be looking for, can't anyone gain a nutrition qualification?**

Yes, anyone can. I think it's more about understanding where you are at and what your goals are. There are a lot of different types of nutritionists. There are some who focus on building muscle, some are all about weight loss and they're experts in that arena. I think it's up to you to really figure out – 'what are my goals, what do I like, what's manageable for me?' And then finding the right fit. Sometimes it takes an interview or a casting process almost to find the right person, but once you do, you'll know – you'll feel the results. There has to be a healthy relationship there and one that when things aren't going well you can both speak up and they can also communicate where you need to change in a way that doesn't make you want to run in the other direction. It's up to you to find the right fit.

Don't get too caught up in diets and the next exciting new 'thing'. Figure out what really works for you.

**WW, Low Glycaemic Index (GI), low sugar, no sugar, low fat, low calorie, keto, vegan - so many diets/lifestyles, how do I decide which one is best for me?**

I think you have to figure out what your goals are – what are you trying to achieve. When you are looking at low or no sugar for instance, those are small changes, those aren't diets really, if you are considering Keto or Vegan, those most definitely are diets.

I think it's more about adding variety to life with food – getting consistency regarding when you eat (three meals a day plus two healthy snacks) and keeping it simple. Don't get too caught up in diets and the next exciting new 'thing'. Figure out what really works for you and really own your food and how you eat. I think that's the best way to approach food. Sometimes these other ways of eating are exciting and can get good results, but what are you going to do for the rest of your life? Figuring out what your standard is or your baseline is – that's key. And you have to do that before you jump into any way of eating.



# Ask Jessie

## **I haven't exercised for years, where should I start, it all feels overwhelming?**

You want to start slow, start small. You don't want to necessarily jump into high impact exercise. If you have exercised in the past and there was a style of exercise that you enjoyed, start with that. You want to be excited about what you are doing – so start with something familiar but don't necessarily try to jump into it right where you left off. Start small. Listen to your body. Push and challenge yourself, but not to the point where you get burn out or where you get injured. Understand your limitations – we all have them – but it's up to us at some point once we get comfortable again to push those thresholds and limitations back.

## **I understand what The Four Elements are but what practical things can I do today to start implementing them?**

The Four Elements are all about small changes so as far as practical changes – if we are looking at small changes – let's start with food. A small change would be to cut our refined sugars – so if you're eating sugary food and candy throughout the day, reduce it. Stay hydrated. Cut soda – take them out of your routine.

Then exercise; if you're not exercising start by going for a 10 minute walk – anybody can do that. If you're already exercising and you want to push yourself more, make the commitment to increase your volume. If you're doing resistance training for example, increase by 5%.

If we are focusing on Think – if you're someone who doesn't journal or who doesn't connect with their breath – start writing each morning or doing deep breathing. Just simple small changes that you can make straight away.

As far as Connect goes – have you called your Mum recently? Or take time to connect with yourself? When was the last time you took some moments when it's just you, thinking about your day – just 5 or 10 minutes. Around The Four Elements it's really easy to start making small changes and that's what so great about it.

You want to start slow, start small. You don't want to necessarily jump into high impact exercise.

# Ask Jessie

**I often feel overwhelmed by the amount of stuff I am supposed to achieve in a day which leads to a feeling of anxiousness. Wellbeing is just one more thing I have to think about.**

I think wellbeing can be over-whelming if you are someone who has not considered it before but it's all about creating these small habits. Whenever you are letting go of an old habit it can feel uncomfortable and you feel a bit anxious because the thing that was so familiar to you, you're saying goodbye to.

So there is a period of time when you do feel overwhelmed. But once you start to embed these new rituals, the routines – you start to feel good. You start to realise that going for a walk in the morning makes you feel good – it relaxes you – and writing things down gets all that noise out of your head.

Be aware that there may be a time, while you are making changes and becoming more healthy, when you may feel a little overwhelmed – that's necessary... and it does get better – you just have to accept that is part of it and for 4 weeks you're just going to have to put your nose to the grindstone.

**We have a very busy social life which means that we go out often to eat and drink. Tips for eating out?**

Here's the thing. If you're going out to eat then it's about having integrity in the moment of choice. If you're trying to be healthy, then remember that when you're going out to eat. I find for a lot of people the big challenge is drinking and being able to set boundaries.

So if you're someone who has a very busy social life, you're going to have to set those boundaries – those standards – and stick to them. It's all about the choice in the moment.

**I find it hard to get to sleep most nights.**

You need to look at what your night time routine is. Are you using your phone? Are you surfing the web, on Instagram and Facebook? If you're doing that then it's going to keep your brain awake. Even if you're trying to go to sleep, the blue lights of the screen can stimulate your mind – it makes it really hard for the body to get into good quality sleep – so put your devices away, put it on airplane mode and grab a book, do some deep breathing or meditate.

# Ask Jessie

It's a great opportunity for you to connect with yourself, so pay attention to your routine and what you're doing and make sure you're doing something that is relaxing and ultimately good for you before you sleep.

**I find exercise boring so it's difficult for me to get motivated.**

This is pretty common for a lot of people. If it's hard for you to get motivated first of all try to figure out a form of exercise that's more stimulating for you. Dance, for instance. That's exercise. Running/walking can be a bit boring for some, but if you have some music around, or you have others involved, a class for instance, it becomes more exciting. So if you lack motivation around exercise find a way to make it more engaging.

You could also find an accountability partner to keep you motivated and encourage you. Don't quit searching. Exercise is something that can be really exciting and fun and can be that little sanctuary where you really get to connect with yourself.

**I'm on a really tight budget and healthy food and gym membership all seems too expensive.**

Well you don't need a gym and healthy eating comes in many different forms. So the issue mainly is are you putting these things in place as barriers so you don't do them? I know a lot of people who don't have a lot of money but they're able to eat healthily They don't have gym memberships but they make sure they go outside and they are active. It's about finding a solution. If your funds are limited then get creative. I'd say get excited about getting creative too.

**...you don't need a gym and healthy eating comes in many different forms.**

# Ask Jessie

## Should I phase sugar out or simply just stop using it?

You can simply just stop using sugar. You might get headaches but it's nothing too significant. The hardest bit for people is the psychological part and dealing with the dropping of the sugar levels. If you eat a lot of simple sugars you're getting sugar spikes and lows, so if you want to combat that there are ways you can balance your sugar levels by adding things like cinnamon. Also, make sure you are getting in a lot of low GI fruits like pears, apples and berries. Eating that stuff in the morning, along with some complex carbohydrates like oats, quinoa, brown rice, sweet potato – that's going to give you that good, sustainable energy.

## How can I make time for myself?

You have to consciously make time for yourself. Set boundaries with people, places and things in your life and make sure that you're taking care of you. At the end of the day you want to feel good about what you contribute to the world. The only way you can do that is if you are taking care of you. Only then can you fully give to other people, places and things.

## Do I need to take supplements?

It depends on who you are. Supplements work for me. I like them. There is a place for them but number one, I always say 'eat' your food. That is the best way to get in the nutrients your body needs to thrive. Don't ever supplement a package or powder for real food. It doesn't make sense. Always make sure you can get in real food. But there is a place for supplements. It just depends on what your body is lacking and what your goals are.

## How can I portion meals to ensure they are balanced?

There are different ways to balance meals. Your PCF (Protein, Carbohydrates, Fats) ratio can change depending on what your goals are. The way to look at is really simple if you work on 50% leafy greens, 25% starchy vegetables/complex carbohydrates and 25% protein. I think that's a very standard way to look at food. If you are trying to increase muscle mass then you want to increase your protein intake, but most important is making sure you have a lot of colour on your plate, making sure you have protein with every meal and eating things 'from the earth'. That's a very simple and achievable way of looking at it.

# Ask Jessie

## How can I sweat in an hour's lunch break?

The main thing is getting in the most efficient form of exercise in a small amount of time which will be interval training, HIIT training, if you're someone who can handle that type of training. If you're not, keep it low impact. You don't need to sweat a lot. You'll sweat by putting the treadmill on an incline of 5-8 and going 3 to 5 miles an hour. You'll sweat even if you're going for just 15 to 20 minutes.

The main thing is that you're living through your body. If you're sitting all day or you have a sedentary job, your body is suffering.

So that's a simple way to approach exercise at lunch – just jumping on a treadmill or taking a walk outside. The main thing is that you're living through your body. If you're sitting all day or you have a sedentary job, your body is suffering. When you are sedentary the gas exchange – the oxygen in/carbon dioxide out – has a real imbalance so what happens is that our body produces cortisol which is the fight or flight hormone. This then means we start to carry more fat around the body, especially for females, and that's when other health issues can start to pop up.

So the key is you have an hour's time – live through your body for some of that time and if you are looking to get a good workout in, opt for interval training.

# Our health is the most precious thing we own.

Our 'life movie' is based on how we feel on a minute by minute basis...

...and good health and wellbeing means the difference between just living or thriving; between getting up each day and feeling lethargic and depressed or living life with energy and passion. The beauty is that you get to choose which type of movie you want to play the lead role in.

My aim for you is that you absorb this wholehearted approach to health into your life until you automatically make the choices that serve you and you start to live the life you truly deserve. I promise you, that if you continue to live making choices surrounding The Four Elements, you will achieve that and you will also have a profound effect on those around you. You will become awake, aware and walking that bit taller.



# Our health is the most precious thing we own.

By eating 'from the earth', moving each day, taking time to exercise the mind and creating deeper connections, you will discover a level of reinvention – a new found enlightenment. On days that you don't feel too good you will have the resilience to deal with whatever comes your way and to inspire those around you as you do so.

The Four Elements are my gift to you. They are your bedrock; your standard that you do not go below. They are the place to return to when life takes over and you begin to feel lost.

At times like that, simply sit with the Elements and ask yourself – am I eating food that nourishes me, am I moving every day, am I taking time to create peace of mind and am I continuing to develop deeper connections in my life? You'll then know what to do.

Also, think of this; you now have a gift that you can pass on to others. You now know how simple it is to live a wholesome, healthy life. Share it!

"You now know how simple it is to live a wholesome, healthy life. Share it!"



Tell as many people as possible why you now walk with a spring in your step. Pay it forward and watch with pride as those around you begin to thrive too. Not everyone will 'get it' first time but don't fret. Simply continue along your path and those that choose to, (and it is a choice) will follow your lead.

You now have everything you need to develop your lifestyle for a lifetime.

Jessie

# Meal Ideas



## Breakfast

- Porridge with milk/almond milk or water with blueberries
- Smoked salmon, spinach, egg, 1/4 avocado
- Smoothie
- Cinnamon brown rice porridge cooked in almond milk topped with cherries and crushed almonds
- Chia Pudding – Chia seeds soaked overnight in coconut milk spiced with cinnamon, coconut and topped with seasonal fruit

## Mid Morning snack

- Piece of fruit (Carbohydrate option – banana/apple) (Low carbohydrate option – melon, berries, kiwi, pineapple)
- Nuts or nut butter (Best – almonds/cashews) (Careful of nut butter portions)
- Natural, unsweetened yogurt (dairy or non-dairy) with a piece of fruit
- Oatcakes with guacamole
- Low GL (Glycaemic Load) granola bar
- Hard-boiled egg with a slice of gluten-free toast
- Trail Mix



# Meal Ideas

## Lunch

- Protein: Chicken breast, turkey breast, white fish, tuna (steak or in spring water), egg, tempeh – marinated, breaded, seared
- Carbohydrate: Sweet potato, basmati/brown/wild rice, couscous, quinoa, lentils, wholemeal pita, wholemeal fajita wrap, brown pasta
- Fibre: Green vegetables – broccoli, kale, asparagus, green beans, cabbage, spring greens. Salad leaves, peppers, cucumber, radish, tomatoes, onions
- (for a low carbohydrate option avoid carrots and sweetcorn)
- Fats: Avocado, olive oil dressing, seeds, cheese (all in moderation)

## Mid afternoon snack

- Feta and walnut salad: Feta, walnuts, rocket leaves, balsamic dressing
- Raw vegetable and hummus: Carrot/broccoli/cauliflower/pepper
- Nuts or nut butter (Best – almonds/cashews) (Careful of nut butter portions)
- Rice cakes with baba ganoush or pesto
- Kale chips (home-made or store bought)
- Popcorn
- Corn chips with salsa
- Seaweed snacks
- Small tray of vegetable sushi

## Dinner

- Protein: Chicken breast or mince, turkey breast or mince, white fish, tuna, egg, salmon, extra lean beef mince, lean steak, Quorn products, tofu – scrambled, marinated, baked
- Carbohydrate: Sweet potato, basmati/brown/wild rice, couscous, quinoa, lentils, wholemeal pita, wholemeal fajita wrap, brown pasta
- Fibre: Green vegetables – broccoli, kale, asparagus, green beans, cabbage, spring greens. Salad leaves, peppers, cucumber, radish, tomatoes, onions (for a low carbohydrate option avoid carrots and sweetcorn)
- Fats: Avocado, olive oil dressing, seeds, cheese (all in moderation)

## Evening snack

- Full fat Greek yoghurt, piece of fruit  
(Carbohydrate option – banana/apple)  
(Low carbohydrate option – melon, berries, kiwi, pineapple)
- 70% dark chocolate (just 2 squares)
- Handful of mixed seeds
- Banana chips

# Basics to Buying

**Fats/oils:** Coconut oil or butter for cooking, olive/nut oil for salad dressings (in moderation).

**Vinegar:** Balsamic and apple cider vinegars.

**Dried Herbs:** Get creative with mixed herbs, coriander (cilantro), thyme, tarragon, sage, rosemary, oregano and basil.

**Spices:** Use lots of them – Chinese five spice, fresh chillies, cardamom pods, cumin and coriander seeds, turmeric, ginger, garam masala, cinnamon, nutmeg, paprika, cayenne pepper and harissa.

**Sauces:** Soy, Worcestershire, Tabasco, chilli, Thai fish sauce, horseradish – check for sugar content!

**Pastes:** Tahini (sesame seed), pesto (basil & pine nut), curry pastes, tapenade (olive paste), hummus. Stay natural!

Sugars: Honey, Xylitol, Stevia or agave syrup – all in small amounts.

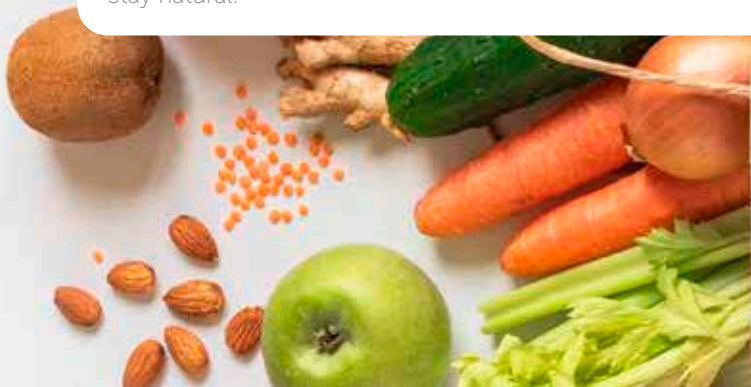
**Flavours:** Bouillon, vegetarian low fat powder (vegetable stock). Choose the low salt option.

**Seeds:** Sunflower, sesame, flax or linseed, pumpkin, chia or poppy – blended or soaked or sprouted. Hemp seed (a source of vegan protein and essential fats).

**Nuts:** Almonds, brazil nuts, hazelnuts, macadamia, pecans, peanuts, pistachios, cashews and walnuts. Eat unsalted and raw. Nut butters (a source of vegan protein and essential fats).

**Breads:** Gluten free or rye, sourdough, spelt. The darker and denser, the better.

**Breakfast Cereals:** Low GI (Glycaemic Index) and low in sugars.



# Basics to Buying

**Dried vegetables:** Dried mushrooms and sun-dried tomatoes – can be rehydrated.

**Grains:** Quinoa, brown rice, wild rice, bulgar wheat, buckwheat, couscous. Amaranth (higher in protein than some grains) and spelt.

**Pasta:** Gluten free or wholemeal pasta.  
**Crackers:** Oatcakes, rye crisp bread, rice crackers.

**Snack foods:** Olives in brine, popcorn.  
**Drinks:** Water first, diluted fruit or vegetable juices (50/50), coconut water. Herbal teas, coffee substitutes (dandelion coffee) or decaff coffee. Milk – vary your dairy – cow's, goat's, sheep's, soya, oat or rice milk and nut milks (almond, hazelnut etc).

**Cheeses:** Fresh parmesan, Edam, feta, cottage cheese, goats cheese.

**Yogurts:** Greek, coconut or soya yoghurt – choose the low sugar option.  
**Other:** Tofu, free range eggs.

**Freezer items:** Frozen fruit and vegetables are ideal for standby, and much better than tinned.

**Fresh fruits and vegetables:** Organic if possible – 'of the earth'.

**Meat, poultry and fish:** Lean, fresh and organic.

**Lentils:** Yellow, green, brown and red.

**Beans:** Kidney, black, chickpeas, edamame.

**Vegan:** Tofu, tempeh, natto.



