



# Wellness Tips

YOU CAN USE EVERYDAY

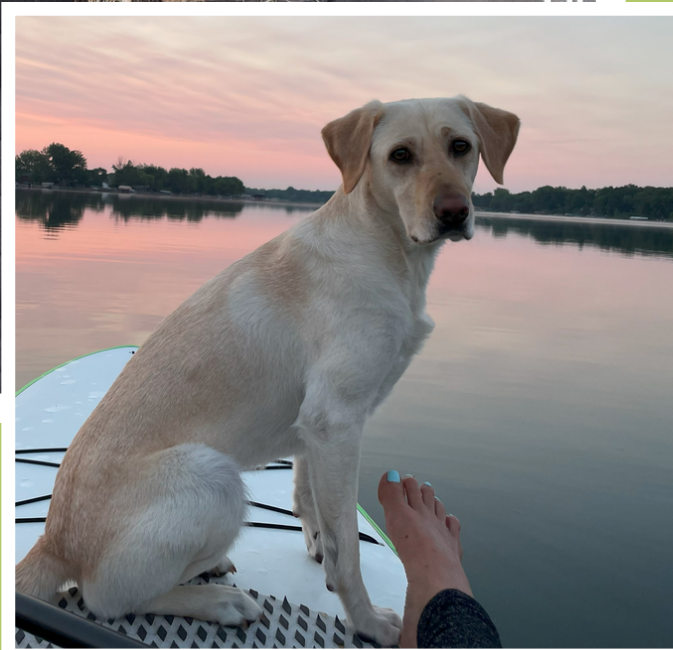


# ABOUT ME

Fortunate beyond measure, I find myself blessed to be married to my best friend, whose love fills my life with joy and laughter every day. I am a proud boy mom of two, Gavin and Bryce. They bring a daily dose of humor and energy, turning ordinary moments into unforgettable adventures. The family wouldn't be complete without the furriest member—Lucy,

Outdoors is where I find oasis. Whether I'm paddle boarding, rock climbing, hiking, or simply relaxing on my hammock, basking in the warmth of the sun, I am in my element. Nature serves as both a source of inspiration and a canvas for relaxation, allowing me to recharge and bring my best self to every aspect of my life.

As a dedicated coach, my purpose extends to inspiring others to live their BEST life and to conquer their health goals with unwavering determination. A lifelong learner, I am constantly pioneering new horizons, firm in the belief that teamwork is the cornerstone of remarkable achievements. My approach is marked by limitless energy, unwavering motivation, and an infectious optimism that inspires those around me to reach for their highest aspirations.



**HANNAH GEHRKE-KELTGEN**

# WELLNESS



One of the leading causes of poor productivity is poor health. When you don't feel well, your mood and focus are affected. Taking part in these 8 tips will lead you on your way on creating healthy habits.



Awareness



Action



Consistency



Habit



# 8 WELLNESS TIPS

01

## **MIDSET**

Positive mindset will brighten your mood, give you more energy during the day, reduce anxiety, boost your productivity levels!

02

## **Water Intake**

Take half your body weight, and drink that amount in ounces of water daily.

03

## **Movement / Working Out**

Get movement throughout the day. Goal is to get up to 10,000 steps daily.

04

## **Sleep**

Boosts cognition & mood; establish a regular sleep routine, reduce screen exposure before bedtime, and create a calm sleep environment.

05

## **Intermittent Fasting**

16/8 example: 8-hour eating window & fast for 16 hours. Supports weight loss, improve blood sugar, & increase longevity.

06

## **Drinking Ketones**

Puts your body in ketosis. Helps with appetite control, energy, focus, sleep, & increased focus.

07

## **Celebrate**

By doing so regularly, you will boost your well-being & performance in your personal and professional lives.

08

## **Low Carb / Carb Conscious**

Eat protein first during meals & remove the buns off the burgers, croutons off the salad.



# Cultivating a Positive Mindset

## Why Does Mindset Matter?

- Brightens mood
- Boosts energy
- Reduces anxiety
- Increases productivity

**""Whatever you're thinking about in the morning is going to direct your day..."**

**~ Tony Robbins'**





# Unlock the Power of Your Morning Routine

What am I most happy about?	
What am I most excited about, and how does it make me feel?	
What am I most proud of in my life right now?	
What am I most grateful for in my life right now?	
What am I most enjoying in my life right now? <small>What are the things I am doing, seeing, and being that I am enjoying right now?</small>	
What am I committed to in my life right now? <small>What are my goals?</small>	
Who do I love? Who loves me?	



# THE POWER OF HYDRATION!

Drink half your body weight in ounces of water daily.



1

Performance  
Boost

2

Immune  
System  
Support

3

Detox and Weight  
Management

4

Joint Health  
and Flexibility

5

Improved  
Digestion

6

Radiant Skin  
and Hair



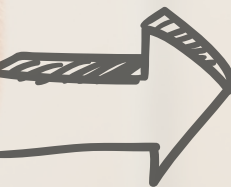
# Movement

Walking 10,000 steps per day, which equates to walking about 5 miles, has been a benchmark health goal for a while. The average American gets far less than this—logging between 3,000 to 4,000 steps each day—and there's some evidence that upping your daily strides can have some surprising benefits.

- Improved Mood and Brain Function
- Better Mobility
- Healthy Weight Loss
- Reduce your risk of heart disease naturally
- Sleep better
- Get an energy boost
- Increase self-confidence
- Perform better at work
- Live longer



Don't know where to start?





# Tips to Increase Physical Activity

## 1 LUNCH BREAK

Make your lunch-break time work for you by incorporating 10 to 20 minutes of activity daily. Research suggests that a short walk after your meal is a great way to reduce blood sugar levels.



## 2 TAKE THE STAIRS

Ignore elevators and escalators when you can, especially when walking upstairs. Walking up a set of stairs is more intense than stepping down and burns around four times as many calories



## 3 CAR PARK

You might be in the habit of parking as close as possible to a store or office building, but try leaving your car on the edge of the car park instead to add more walking time to your day.



## 4 HOUSEWORK TO WORKOUT

Put on some energetic, upbeat music, and clean your home. Just vacuuming a few rooms of your house and cleaning some hard-to-reach spots can make for a brief, inspired full body workout. Go low, go high!



## 5 YARD WORK OUTDOORS

You don't have to do all your incidental exercise indoors. Try going outside to take care of chores like mowing the lawn, washing your car or raking leaves.



## 6 WALK THE DOG

Man's best friend can inspire you to get outdoors and move more. If you walk your dog in the morning and evening, you get in two short rounds of incidental movement.



## 7 WALK TO THE STORE

Instead, of using the car - why not try walking to the store or supermarket? Bonus: there's some great resistance work involved in carrying all those goodies back home.



## 8 GET UP, STAND UP

Most likely, you are sitting far too much during the day. As a rule of thumb, you should be getting up every 20-30 minutes and moving around.



## 9 MOVE AS YOU TALK

It's tempting to sit in a comfortable chair at your desk or on the couch while making a call, but try moving around as you talk.



## 10 TV BREAK

If you're watching a sporting event, try sprinting in place during commercials. If you're watching a drama, do one rep of an exercise every time a key character appears.





# CARB SWAPS YOU NEED IN YOUR KITCHEN

According to Mayo Clinic, switching to a low carb diet may be beneficial for weight loss because it lowers insulin levels, causing the body to burn stored fat for energy.

## Other "SWAP" Ideas

- Cauliflower Rice
- Spaghetti Squash Pasta
- Cauliflower Buffalo Bites
- Chia Pudding/Oatmeal
- Kale Chips
- Cauliflower Mac & Cheese
- Radish Potatoes
- Cottage Cheese Ice Cream
- Turnips/Rutabaga French Fries
- Avocado Chocolate Pudding
- Eggplant Lasagna



**Quinoa  
for  
Rice**



**Sliced  
Veggies  
for  
Chips**



**Cauliflower  
for  
Mashed  
Potatoes**



**Carrots  
for  
French Fries**



**Spiralized  
Zucchini  
for  
Noodles**



**Lettuce  
for  
Tortillas**



**Nuts  
for  
Croutons**



**Portobello  
Mushrooms  
for  
Hamburger  
Buns**





# INTERMITTENT FASTING

Definition: Eating within a specific time window.



Most Popular Method is 16/8: Eat between 12PM & 8PM. Fast overnight & skip breakfast but still eat a balanced lunch & dinner, along with a snack midday.

To maximize the potential health benefits of your diet, it's important to stick to nutritious whole foods and healthier option beverages.

# BENEFITS







# KETOSIS

The process of burning fat as fuel, where stored fat is converted into ketones. Ketones are the energy molecules, the byproduct of fat turned into the fuel needed for your body uses to run.

## DRINKING KETONES

- Increased Focus
- Muscle Preservation
- Reduces Brain Fog
- Appetite Suppression
- Fat Loss
- Better Mood
- Improved Sleep
- Helps w/ Digestion
- Fast & Sustained Energy





# Celebrate Your Wins

Some people feel that we can't celebrate until we get to the end goal...however most of the time people quit before they get to the end.

Sometimes you have to be your own cheerleader. I just want you to acknowledge yourself. Celebrate on a daily and a weekly basis.

*"I see you!"*





# SLEEP HYGIENE...zzzz

HABITS TO HELP YOU HAVE A GOOD NIGHT'S SLEEP



## ROUTINE, ROUTINE

- Reset your body clock: wake and sleep at the same time each day
- Engage in relaxing activities before bedtime

## SLEEP ENVIRONMENT

- Comfortable temperature
- Adequate darkness
- Invest in a good mattress and pillow

## AVOID STIMULANTS

- Limit caffeine, alcohol and drugs before bed
- Avoid using electronic devices 1 hour before bed

## HEALTHY LIVING

- Exercise during the day but avoid intense activity 1 hour prior to bed
- Avoid large and fatty meals prior to sleep



# 10 Benefits of a Good Night's Sleep



Better sleep  
quality



Reduces the  
risk of diseases



Prevents  
accidents



Improves  
memory



Reduces anxiety  
and depression



Feel more  
attractive



Sharper  
thinking skills



Strengthens the  
immune system



Controls weight



Feel happier



More energy



Healthier heart





FOLLOW ME  
*Hannah Gehrke-Keltgen*



**Hannah Gehrke-Keltgen — Bio Site**

Hannah Gehrke-Keltgen · As a dedicated Wellness Coach, my passion lies in empowering individuals to be the best...

● Unfold Bio Sites

*Coming Soon*

WWW.JOURNEYWITHHANNAH.COM





# Wellness ~ Fat Loss MasterClass

This Class is designed for those who want a simple jumpstart - no extreme workouts, just a commitment to healthier choices. Let's shed those extra pounds together and feel amazing by the end of the year!  
Who's in?



## Hannah Gehrke-Keltgen — Bio Site

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