

Everyone wants to look good and feel great, but it can be challenging to know where to start. That's why we created the Courthouse Fit Five Guide, which includes five simple principles to help you live a healthier lifestyle.

FIT FIVE GUIDE

1

SWEAT

Regular exercise helps reduce stress, increase stamina, maintain a healthy metabolism, and keep bones healthy. Stay on track with your exercise goals by taking a class or training session and engaging in a community of people who will support you.

- Exercise a minimum of thirty minutes each day.
- Take a few 5-minute walking breaks daily to refocus and get your body moving.
- Try a new workout or activity to help you stay motivated to move.

2

EAT REAL FOOD

We utilize food to get the energy, proper vitamins, and nutrients we need to function. As a result, it is crucial to trade fast, fake, and highly processed foods for those that are more nourishing for your body.

- Focus on building meals around lean proteins, healthy fats, and fiber-rich vegetables and fruits.
- Include vegetables with most meals. Aiming for variety and color on your plate throughout the day.
- Shop the outer aisles of the grocery store to help limit the intake of highly processed foods. These usually contain added sugars, sodium, and unhealthy fats.

3

DRINK WATER

Water is essential for our bodies because it helps us stay hydrated and remove toxins. Dehydration can cause mild problems with blood pressure, heart rate, or body temperature and lead to more serious medical issues.

- Drink half your body weight in ounces of water each day.
- Add an additional 12 ounces of water for every caffeinated beverage you consume.
- Add $\frac{1}{4}$ teaspoon of high-quality salt to one glass of water daily for increased electrolytes and hydration.

4

REST

Adequate rest helps us recharge our bodies and improves our health. Additionally, healthy sleep enhances our immunity, promotes weight management, and reduces stress.

- Aim to get an average of seven to nine hours of sleep daily.
- Limit screen time within an hour of bedtime. Screens emit blue light, which suppresses the natural production of melatonin.
- Begin a nighttime routine. Routines help your brain recognize when you're preparing to sleep.

5

GRATITUDE

A strong body starts with a strong mindset. Practicing gratitude can boost mental well-being, enhance motivation, and foster a more resilient, joyful approach to healthy living.

- Start your day by listing three things you're grateful for.
- Share appreciation with others through small acts of kindness.
- Reflect on your progress and celebrate your wins, both big and small.