



the
elusive
secret
to

HAPPY
and

HEALTHY

Estie Alessandrini MD, PhD

3 KEY MESSAGES

how to instantly upgrade your health

how to effectively boost your happiness

the secret to GETTING LIFE RIGHT

GOOD HEALTH IS

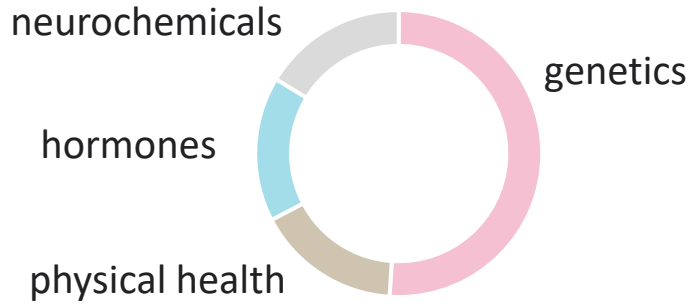
the state of being free from illness or injury
and
good mental and physical condition

HAPPINESS IS

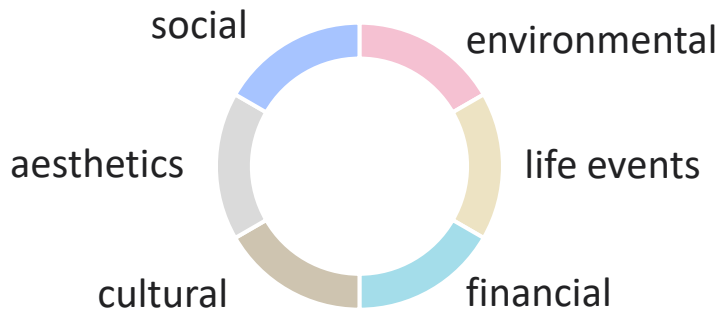
when what you think
what you say
and what you do
are in harmony

Mahatma Gandhi

SOURCE OF HAPPINESS



ENDOGENIC FACTORS



EXOGENIC FACTORS

ncbi.nlm.nih.gov/pmc/articles/PMC3008658/ & ncbi.nlm.nih.gov/pmc/articles/PMC4449495/

MY NOTES



HEALTH & HAPPINESS ACTION STEP ONE

define what happy and healthy means to you

HEALTHKICK BLUEPRINT

HEALTHYFAMILYANDME.COM



MY NOTES



CLEAN EATING

EAT SMART NOT LESS

benefits of clean eating

clean eating for busy entrepreneurs

LOTS OF FRESH FOODS

EAT FOR ENERGY

AVOID TRIGGER FOODS

MY NOTES



CLEAN EATING ACTION STEP TWO

ENERGY FOODS

TRIGGER FOODS

(consider fatty, sugar-rich, spicy foods or refined grains)

HEALTHY SNACKS

[click here for clean eating tips, recipes and meal planners](#)



CLEVER DRINKING

MORE WATER LESS OF EVERYTHING ELSE

SIGNS OF DEHYDRATION

clever drinking for busy entrepreneurs

DRINK MORE

DRINK LESS

healthiest choices

DRINKS

FRUITS

VEG

SOUL FOOD



CLEVER DRINKING ACTION STEP THREE

water intake tracker ideas

water drinking routine

high water snacks



ACTIVE BODY

MORE ACTIVE LESS STRESS

BENEFITS OF REGULAR ACTIVITY

happy body for busy entrepreneurs

BE MORE ACTIVE

LIMIT STRESS

SLEEP MORE

where I am

what I have

what I can do

| | | |
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ACTIVE BODY ACTION STEP FOUR

THE BE-ACTIVE-PLAN THAT WORKS FOR YOU

THIS IS HOW I FEEL AFTER BEING ACTIVE

what

where

when

why

TIP do a body cleanse detox
[click here to join for free](#)



HAPPY MIND

MORE POSITIVE MORE CALM MORE EI

signs of stress

WAYS TO
relax & breathe

improve EI

keep good company only

EMOTIONAL INTELLIGENCE PROVIDES YOU WITH A BETTER
INNER WORLD TO COPE WITH THE OUTSIDE WORLD



HAPPY MIND ACTION STEP FIVE

FAVORITE AFFIRMATIONS

5-MINUTE, FEEL-GOOD ACTIVITIES

relax

breathe

boost EI

have fun

TIP have a kickass morning routine
[click here to find the perfect one](#)

the secret to GETTING LIFE RIGHT

stop _____

AND

just _____

MY NOTES



GETTING LIFE RIGHT ACTION STEP SIX

THE HEALTH & HAPPINESS PLAN THAT WORKS FOR YOU

THIS MAKES ME FEEL HAPPY & HEALTHY

what

where

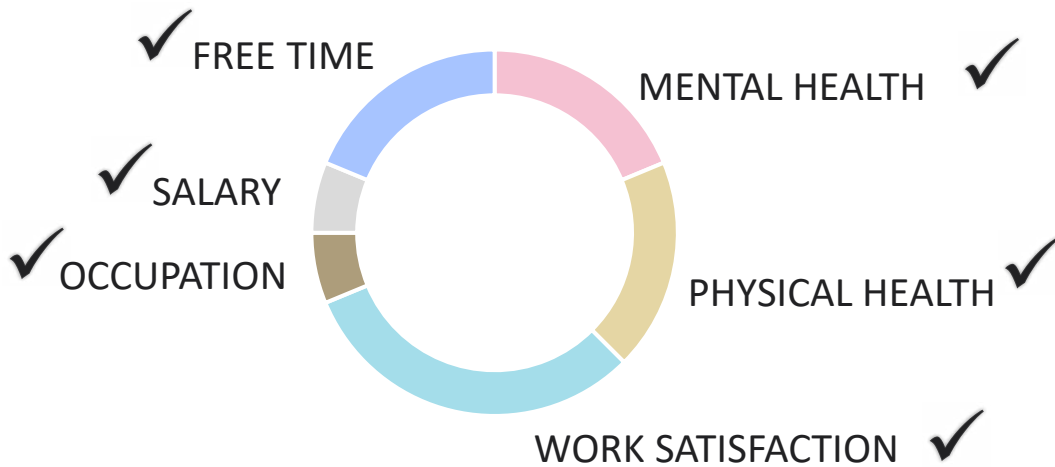
when

why

Success with using the HEALTHKICK PROGRAM



HealthyFamilyandMe.com



LinkedIn post

how to kickstart YOUR HEALTH & HAPPINESS

visit <https://healthyfamilyandme.com/amber> to get access

HEALTHKICK DETOX CLEANSE

~~\$49~~ FREE ACCESS to the body cleanse challenge to feel happier, healthier & energized in just 7 days



FAST TRACK WORKBOOK

super boost your detox and get the best results in the shortest possible time

KICKASS MORNING ROUTINE

power routine bundle to start your day strong & radiate positive vibes, including the 5-minute emergency routine



VISIT THE BLOG

stay up to date with the latest healthy living, parenting and mom life trends

JOIN OUR COMMUNITY

and be the first to get access to all the best freebies & fun stuff



any QUESTIONS, COMMENTS or COLLABORATION IDEAS

email me



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visit the blog



HealthyFamilyandMe.com

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