

Return To Routine

GUIDE

Fall 2017

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BACK TO YOUR ROUTINE

4 Tips For Building New Habits

The foundation of establishing a good routine is forming good habits. Building new habits and breaking old ones can be a challenge without the right tips and tricks. Luckily, we've done all the work for you and we've put together our best habit building tips to help you get going with your new routine.

1. Get clear on your goals

Before kicking off a new routine and establishing new habits, you need to know what you really want. Take a few minutes to think about what habits you want to implement and which ones you want to leave behind. A good exercise to try is to write down all of the things you wish you could get done in a day and rank them in order of importance for you.

Once you get really clear on which habits you want to implement, it's easier to work towards them rather than trying to do everything at once.

2. Plan & Prepare

Have you ever heard the saying "If you fail to plan, you're planning to fail"? By not coming up with a plan of action and preparing in advance, you're setting yourself up to fail. Instead, try coming up with a plan and prepare everything you need in advance so you have no option but to succeed!



Once you get clear on which habits you want to implement, come up with an action plan. Try writing down every little step you will have to take in order to implement this new habit and how you're going to complete each step. Next, prepare in advance so that when it comes time for it, you can easily implement this new habit on a regular basis. Some good ways to plan for new habits is to meal prep at the beginning of the week if you're trying to eat healthier or set out your workout clothes the night before so they're ready to go when you wake up.

3. Get an accountability partner

Have you ever had a commitment that you really didn't want to follow through on but you knew you couldn't back out because someone was relying on you? This is the same idea! Find yourself a buddy to hold you accountable for your new habits and to make sure you follow through. You and your partner don't even have

to be working towards the same goal or habit. The idea is to have someone who will make sure you're following through with the goals you've set for yourself and to encourage you along the way!

4. Be compassionate with yourself

One of the biggest reasons that we don't follow through with new habits we're trying to form is that we mess up one time, get upset and hard on ourselves and then lose all hope and never get back to it again.

Instead of getting down and being hard on yourself anytime you fumble, try being compassionate. Focus on the positive - you have good intentions and you're trying. Falling off the wagon and messing up is part all a part of the journey. When it happens, acknowledge that it has happened, learn how you can avoid this fumble in the future and move on.



REFRESH YOUR MORNING

A Nutritionist's Morning Routine



Meet Michelle Vodrazka! Michelle is a Nutritionist, Personal Trainer and Author of **Help Yourself to Seconds** and **Smart Snacking for Sports** and of course a Kardish Wellness Ambassador.

Mornings are my favorite time of day, especially on weekends or when I don't have to rush off somewhere. My routine always consists of four things, hydration, caffeine, some form of movement, and a good breakfast. Healthy morning habits are so important in creating a positive day.

I like getting up early because I love starting the day off feeling like I have accomplished something before I leave for work. The first thing

I do is grab a glass of water to rehydrate my body from an overnight fast. Then I brew coffee or make myself a cappuccino to sip on while watching the sunrise. In the fall, I especially love sitting outside on my porch in my PJs, wrapped up in a warm cozy sweater with a steaming cup of coffee.



After I've had time to finish my coffee and reflect on the day ahead, I head inside, turn on some music, and start making my breakfast. I love this quiet time, when no one else is awake yet and I get free reign of the kitchen. Breakfast is my favorite meal of the day and I alternate between some form of oats, such as my [Blueberry Cobbler Oatmeal](#) recipe (see page 6), [Banana Bread Pancakes](#), [Lean French Toast](#), or poached eggs with fresh veggies and avocado.

After I eat, I take my supplements. These change from season to season, and year to year, but right now I am taking a high quality multivitamin, a probiotic, vitamin D drops and a liquid iron supplement because my iron is usually low. I then spend some time prepping meals for the rest of the day. My meals oscillate between plant-based and Paleolithic depending on the season and my

ginger RISE Kombucha on days that I feel my energy levels are low or I feel under the weather.

After my meal prep, I get dressed and walk the dog or if I am feeling really energetic, I go for a run in the woods. I love getting outside into the morning sunshine as it gets my digestion going and helps me sleep at night by properly setting my circadian rhythms. I also just love feeling

KARDISH MORNING MUST-HAVES !



1. Bulletproof Coffee & Brain Octane Oil
2. Wild Rose Herbal D-Tox Kit
3. Omega Alpha Vitamin D Drops
4. Natural Factors Vitamin D3
5. Renew Life Ultimate Flora Probiotics
6. SISU U-Cubes Kid's Multivitamin Gummies
7. Botanica Omegalicious Omega-3 Supplement
8. Pure Lab Vitamins Carbonyl Iron

energy levels.

I also make sure to pack snacks, which include hard boiled eggs, veggies and hummus, turkey meatballs, roasted chickpeas, fresh fruit and Greek yogurt, energy balls, and occasionally a skim milk cappuccino. I also make sure to bring my water bottle filled with infused water or a



the warmth of the sun on my face and being surrounded by nature calms my nervous system before the start of a busy day.

I find that nowadays it's so important to start the day off with self-care as it helps keep you grounded before a busy day. I find when I skip out on my routine, I end up frazzled by the end of the day. Taking time to connect with nature and the elements of the earth and getting back to moving the way we used to keeps me refreshed, centered, optimistic, and focused on the important things in life.

Find more of Michelle at michellevodrazka.com.



Blueberry Cobbler Oatmeal

Ingredients

- 1 cup old fashioned rolled oats
- 1 cup water
- 1 1/2 cup unsweetened vanilla cashew milk
- pinch of salt
- 1-1 1/2 tbsp tahini
- 1 1/2 tbsp real maple syrup
- 1 tbsp ground flaxseed
- 1 tsp pure vanilla extract
- 1 1/2 cup fresh blueberries
- 3 tbsp nut butter
- 1 1/2 tbsp chopped pecans
- 1 1/2 tbsp chopped white chocolate

Recipe serves 3

Directions

In a small saucepan add the oats, water, cashew milk and sea salt and let sit for 5 minutes to soak. Bring to a boil, making sure to stir regularly so the oatmeal doesn't burn, then turn down to low.

Stir in tahini, maple syrup, vanilla, flaxseed, and continue to cook over low heat for another 5-6 minutes or until thick and creamy.

Remove from heat and divide into three bowls. Top each bowl with blueberries, nut butter, chopped pecans and white chocolate. Serve warm.

Recipe from michellevodrazka.com

BACK TO YOUR DIET

5 Healthy Food Swaps To Kickstart Your New Routine

Now that summer has ended and the kids are back at school it's a perfect time to refresh our eating habits and swap out the summer junk for foods that will give you and your little ones the fuel and brain power you need to get through the day. Here are some easy and delicious health food swaps the whole family will love!

Swap sugary sweets for Smart Sweets

These super tasty, naturally-sweet candies are ones you can actually feel good about giving to your kids (and sneaking some for yourself of course!). Smart Sweets have only 2 grams of sugar and 24 grams of fibre (that's like 6 servings of vegetables!) for the entire bag! They're made without gluten, sugar alcohols or artificial sweeteners and come in regular and sour flavours, pleasing everyone's taste buds. These are the perfect swap for regular gummy bears and are perfect for lunches, snacks and family movie nights.



Swap chocolate bars for Suzie's Good Fats Bars

Skip out on regular chocolate bars or other energy bars that can be packed with sugar and other junk and try out Suzie's Good Fats Bars. These delicious bars are super low in sugar and are packed with healthy fats like coconut oil and extra virgin olive oil. These bars are perfect before and after a workout, lunches and anytime you need to soothe your sweet tooth.



Swap chips for Spokes Potato Snacks

If you're looking for a salty, savoury fix and you're used to reaching for a bag of greasy, fried potato chips, try these guys instead! Spokes potato snacks are made with only a few ingredients, are gluten-free and made in a peanut-free facility. They come in a handful of different flavours and are never fried making them perfect for salty-snacking at anytime.



Swap soda for kombucha



This super fizzy drink is the perfect alternative to sugar-filled sodas, juices and even coffee and makes a great addition to any morning routine or lunchbox. Kombucha is packed with enzymes and microorganisms that help boost your immune system, neutralize toxins and aid digestion, plus it's perfect for giving you a boost and helping digestion when you've eaten a bit too much!

Swap sugar-filled lunch snacks for Made Good bars & Simply Protein bars



With the kids back at school it's likely you're taking more trips to the grocery store to stock up on lunch snacks. Instead of picking up sugar-packed granola bars and fruit snacks (that should really be considered candy!) opt for healthier alternatives that are safe for school and will fuel you and your little ones for the whole day. Our favourites are Made Good bars and granola minis that are made with whole grains and vegetables and are free from the top 8 allergens making them perfect for school lunches. We also love Simply Protein kids bars that contain 4 grams of fibre and 4 grams of protein to keep your kids fueled and energized.



KID-APPROVED SCHOOL SNACKS 🍌



1. Enjoy Life Cookies & Plentils Lentil Chips **2. Sun Butter Sunflower Seed Butter** **3. Enerjive Quinoa Crackers** **4. Enjoy Life Bars** **5. Simply Protein Chips** **6. Kiju Juice Boxes**

BACK TO YOUR FLOW

3 Fresh Ways To Get The Whole Family Moving

Being active is an important part of getting back to your routine and living a healthy lifestyle but starting a new active lifestyle can sometimes be intimidating. Getting active can be great for you and your family and doesn't have to be scary or dreadful! Try out these 3 fresh ways to get the whole family moving.

1. Schedule active time into your week

With busy school schedules it can sometimes be hard to get the whole family moving. Plan out a couple hours a week dedicated to getting active with the family. Some great ways to be active during these times are to go for a walk, play in the park, or even attend a family fitness class. Dedicating time out of your week specifically for being active will hold you accountable and make sure you get that time in.

2. Work activity into your daily routine

Sometimes even putting aside an hour a day to be active doesn't work for your schedule. Try fitting in little bursts of activity throughout your day to make up for it. Take the stairs instead of the elevator or try doing some jumping jacks or running on the spot while performing other tasks like making dinner or brushing your teeth. Get creative and see what types of movement you can fit in to your every day life.

3. Turn your commute into a workout

Whether you're getting the kids to the bus or getting yourself to work, your commute is a perfect place to get in a couple extra steps. Get the kids moving by turning the walk to the bus stop into a race or opt for the furthest parking spot from the door when getting to work. Even these few extra steps can make a big difference!



REFRESH YOUR EVENING

The Supermom's Night Routine

The Wind Down

You've just finished dinner and gone on your evening walk with the family. It's time to wind down and get ready for bed. A great way to get ready to wind down is to unplug from all electronic devices a couple hours before going to sleep. This allows both your body and mind to start relaxing.

The Little Ones' Routine

Before getting yourself ready for bed, it's likely you've got a couple little ones to get off to bed first. Bubble baths or warm showers are a great way to help the kids wind down as well. Try the Everyone brand of soaps & lotions made with essential oils, free from synthetic fragrances, gluten-free and cruelty-free (the Lavender Lullaby scent is perfect for bedtime!).



Getting your little ones in the habit of brushing their teeth can be so important but can sometimes be a challenge. Try Green Beaver toothpaste! Made locally, this toothpaste is fluoride-free, made with xylitol and comes in a bunch of different flavours that your kids will love!



A great way to save time in the morning and get your children learning good habits at a young age is to lay out their outfits and make their lunches for the next day. Get them involved to help them in a good routine as well.

Mom's Pamper Time

Now that the kids are off to bed, it's time to pamper yourself. A great way to kick off your evening routine is with Aromatherapy. We love incorporating NOW lavender essential oil into our evening routine because it helps you relax, promotes sleep and can even improve the overall quality of sleep. Try diffusing it in your bedroom 30 minutes before bed or dabbing a drop on your wrists and temples to help you relax.

Bed Time Supplements



Our next step is skincare. Sticking with an easy to use system is key when you don't have a lot of time but still want to pamper yourself. We love the Derma-E Vitamin C line which is packed with antioxidants, skin-brightening and anti-aging properties. Their Micellar Cleansing Water dissolves makeup and impurities while improving the appearance of skin's texture and promoting healthy collagen. You simply apply the product to your face with a cotton pad and you're done, no rinsing required.

The next step is their Vitamin C Concentrated Serum which helps brighten skin and boost collagen health, minimizing the look of lines and wrinkles while improving the appearance of uneven skin tone.

Pair the serum with the Derma-E Vitamin C Intense Night Cream which delivers restoring overnight protection and also contributes to healthy collagen and improving the overall look of your skin.



Now that you're ready to slide into bed, this is the perfect time to take any supplements to help you sleep or that you may have forgotten to take in the morning. Our favourite evening supplements include Pure Lab Vitamins' L-Theanine and Magnesium Glycinate + Melatonin. Pure Lab Vitamins L-Theanine is great for promoting relaxation, concentration and relieving stress and stress-related anxiety. Pure Lab Vitamins Magnesium Glycinate + Melatonin helps to reduce the amount of time it takes to fall asleep and can improve your overall sleep quality. These supplements will help your mind and body relax as you doze off.

