

# 5 HEALTH TIPS TO BEING A FABULOUS ENTREPRENEUR

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Here are my 5 top tips to keep you feeling energized, positive and ready for the next challenge as an entrepreneur:

## SLEEP

Sleep not only protects us against infection, but also lowers our stress hormone levels which lead to inflammation in our bodies. Getting 7-9 hours for an adult is the key! It's important to **plan for your sleep**:

- Go to bed at a set time.
- Ban laptops, cell phones and televisions from your bedroom.
- Don't eat in the 2 hours prior to bedtime. If your body is busy processing food, it will be hard to sleep.
- Only drink caffeinated beverages early in the day

## BRING ON THE SUN

Sunshine is nature's all-natural immune booster!

- Spend some time outdoors every day. Even 5 minutes of natural light will make a big difference.
- Make changes inside your office. Move your furniture so that you sit near a window to reap some of the benefits of natural light.

## REDUCE STRESS

Modern medicine is now embracing the close link between emotions and physical health.

- **Fun with friends:** Say yes to invitations to spend time with others! Social stress, such as isolation, has proven to be more damaging to immune function than physical stressors such as going without food or water.
- **Accept help:** When caring for ill family and friends embrace the available supports. Caregivers for relatives with long-term illnesses often test with high cortisol levels, which suppresses immune system function.
- **Watch for red flags:** Seek out medical attention when feeling unusually down. Tests show that T-cell activity is lower in depressed patients.

## ASK FOR HELP — THE SMART WAY

Ask for help from individuals instead of mass emailing to groups such as colleagues, friends or family. Research shows that recipients of group requests assume that someone else has already volunteered, and therefore they do not need to. Most people are happy to help you, if they know that you need it.

## EXERCISE

Movement plays a big role in our overall good health, but especially to our immunity to illness by promoting good circulation. Move for 30 minutes each day (just 2% of your day!). Pick activities that are enjoyable, not a chore, such as:

- A walk at lunch
- Kicking a ball in the yard with a child while waiting for dinner to cook
- Walk the long route to the coffee shop

## THE BOTTOM LINE: Do One Thing First

Make one change, stick with it until it feels natural, and then choose the next change to make. Any change is hard, so just choose the one that will make the most difference for you and then start to reap the benefits.

*Tara Green is a Certified Health and Nutrition Coach who believes that HEALTH = WEALTH. Her company [Green T Wellness](#) specializes in working with women to improve their health and wellbeing by creating new life-long behaviours. Tara is known for sharing tangible, easy to implement tips, tricks and tools to help her clients shift to a healthier version of themselves.*