



BODY-LOVE

Basics for a
Sparkling Life

I don't know about you, but I want a rockin' body that supports my sparkling life.

I want to look fabulous at 50 and 60 and have the energy to pursue my passions and keep up with future grandchildren.

Our bodies are the sacred vessels that will take us through this life. They are beautiful, efficient and ideal suited for the journey. They move and bend. Their muscles love to be sculpted. They perform hundreds of processes day and night, most of which we are completely unaware of. They provide instant feedback – through intuition and other bodily signs -- that can guide us through any life situation.

So often I see women trying to accomplish amazing things in life but skipping the steps to building and maintaining a strong wellness foundation. We listen to Dr. Oz, read up on the latest wellness products, but forget the simple basics that can sky-rocket our health.

Your body isn't asking for much – just a few foundational things.

I share these body basics not from a place of “You should do these things” (who the heck needs more ‘shoulds’!) but from the voice of your inner child who craves the routine that will see her thriving. Is there more you could do? Sure, but more often overwhelms. So start here.

See the sacred gift in each action – it is symbolic and powerful.

As you carry out the action, repeat the affirmation to ground this wisdom into your body.

Remember consistency is the key. It's not what we do once that determines our success but what we choose to repeat again and again.

And simple wins the day!



When the grass looks greener on the other side of the fence, it may be that they take better *care* of it there. ~ Cecil Selig

BODY-LOVE Basics

	Ideal Quantity	Sacred Gift
<p>Drink Water Our bodies are around 65% water and we can expel 6 to 9 cups of water each day. Time to replenish!</p>	<p>Drink 2 to 3 litres of water daily. Start the morning with lemon water (a few wedges in a glass); excellent for detoxing the liver.</p>	<p>As I drink this water, I am connected to the flow of life.</p>
<p>Eat Your Veggies & Fruit We are typically eating too much food with little nutritional value that our bodies can't use. This causes excess weight, fatigue and promotes unwanted health conditions. We need alive food. That's what sustains life.</p>	<p>Eat 4 servings of veggies and 2 fruits daily. Choose a variety of fresh vegetables, ideally from local producers and organic.</p>	<p>I eat food that is alive and nourishing so that I may <i>feel</i> alive.</p>
<p>Get Your Protein Protein is essential in sustaining energy throughout the day. When paired with complex carbs from veggies and whole grains, it keeps your metabolism fired, helps build muscles and eliminates those nasty cravings.</p>	<p>Include a lean protein with every meal and snack. (e.g. chicken, fish, egg whites, beans, lentils, hemp, greek yogurt, almonds)</p>	<p>With protein, I sustain my energy so that I can be my best all day long.</p>
<p>Get Delicious Sleep Night-time is when our body repairs and rejuvenates. Without proper sleep, your body fatigues, energy fades, hormones go for a ride, your immune system dives and emotional stability leaves the building! YIKES!</p>	<p>Choose a consistent bed time, preferably well before midnight. Get 7 to 8 hours of uninterrupted sleep. If you're a new mom, nap to catch up.</p>	<p>I gift my body the sleep it needs to repair and rejuvenate. As I sleep, my soul plugs in and is given new life.</p>
<p>Move Your Body Your body was designed to move, not sit much. Find the activities you love and make them part of daily life. Walking, dancing, swimming, gardening, house cleaning, running errands on foot and playing with your children all count!</p>	<p>Enjoy 30 minutes to 1 hour each day of movement you love.</p>	<p>I adore a healthy fit body that reveals my shapely curves.</p>
<p>Bask in Self-Love If you won't love and nurture yourself, who will? Self-love is the new medicine. This can be morning quiet time, an evening hot bath, a break from the kids, a weekend get-away or a simple smile to yourself in the mirror that whispers, "I adore you".</p>	<p>Gift yourself handfuls of daily self-love.</p>	<p>My body and life mirror my commitment to myself. As I honour those commitments, my self-love and confidence grow.</p>

BODY-LOVE Basics Worksheet

Week: _____

As I nourish and love myself, my body and life sparkle.

Activity	Mon	Tues	Wed	Thru	Fri	Sat	Sun
Lemon water first thing							
2-3 litres of water							
4 servings veggies							
2 servings fruit							
Protein with every meal							
30+min of movement							
Handfuls of self-love							
8 hrs. of sleep							

Take the 30-day Body-Love Challenge:

**FREE
COACHING**

Follow these body-love basics for 30 days and see how much more amazing you feel. Send me a testimonial of your success and I'll put you in the monthly draw for a free coaching session so you can continue down your fabulous new path.

ABOUT PAULA



I am a life coach, wellness mentor, consultant, writer and speaker. I'm also a wife, mom, singer, dancer and lover of all things simple and sparkling.

I am passionately committed to helping women transform their bodies and lives by guiding them to align intention, energy and inspired actions. I draw on years of coaching experience, fitness training, corporate life, communications expertise and my own wellness journey to guide fabulous women to 'own their sparkle'.

I am spiritual yet practical. I believe we create our lives in partnership with the Universe. We do our part; the Universe does its magic. Once we understand how it works... wowzers, look out! We can apply it to any situation, goal or dream.

My life mission is simple: live my unique sparkle and help others do the same. The world needs your sparkle. And your sparkle is enough.

The moment I stopped caring as much about what others thought, I found my "Paula Style". Life began to sparkle. People asked what I was doing differently. Self-love is a true mirror of beauty... and a pathway to happiness.

YOUR NEXT STEP

If you resonated with my words, then welcome. You belong. Consider signing up for my free guided meditation to inner peace on my website. It's another step to claiming your best life.

How I Can Help

If you want to dive deeper, I love working with women one-on-one as they shift from struggle to sparkle. Many come to me when other programs haven't worked.

I am the queen of reframing any situation and moving you forward. I don't judge and I don't believe stories that keep you stuck or small. I hold you in your Highest Light. I help you grow your wellness foundation so that your body is supporting you. I reconnect you with your passions and help you integrate them more into your life. I teach you techniques to release past hurts so you can be free of them. And I help you become the active creator in your life – so life isn't just happening to you, you are authoring it in partnership with the Universe.

Our journey is juicy, profound and so worth it. It's one of the greatest investments you'll ever make.

To learn more, visit www.paulaonysko.com/coaching

Thanks for sharing this time with me. You matter.

To Your Sparkling Life,

Paula



RAVING Review!

“There are no words that do justice to what Paula’s coaching program has done for me. I wish I had found this a lot earlier. I get tears in my eyes and goose bumps because I know great things are in my future. Do this for you! You are so worth it! Everything in your world changes... relationships improve, your health improves, your outlook...your life. You will truly uncover the diamond in the rough you have always been.”

~ Karen