



Low FODMAP Diet Coaching

Creating a Balanced Lifestyle

What are the fundamentals for a balanced lifestyle?

8 hours sleep, regular exercise, a daily relaxation period, time spent on a pleasurable activity or hobby, productive work, time spent with the family.

How much exercise should I do?

Daily exercise will do you the world of good. It will ultimately help you get more done by boosting your energy level and ability to concentrate. It doesn't have to be overly energetic or extreme. A 20 minute walk will do the trick. Yoga is a great form of exercise while incorporating a period of relaxation as well. Swimming and/or cycling are two other forms of exercise which can give you a workout but are not too vigorous. It is also recommended to do 15 minutes of stretching and strengthening a day. That way you have covered all the main areas of exercise that the body needs.

How do I build a good daily routine?

Plan each day and set your goals. Keep them reasonable. You will feel happier with yourself at the end of the day, if you have been productive. Keep a journal and write in it every day. Keep it upbeat and positive. Note which activities or people are eating up your time with very little produced at the end. Minimize the time you spend on them. The same as for creating a habit, schedule your day to incorporate all the elements of a balanced day.

How do I take care of my mental health?



Mediate or do a relaxation exercise every day and find time each day for your hobby. Reading, curled up in a comfy chair will de-stress you and calm down your gut. Spend some time in nature each day and on the weekend, go biking, hiking, camping or fishing. Volunteering or even just regularly helping someone out will increase your sense of self-worth. For good mental health, set realistic goals so that you are

able to achieve them. Avoiding alcohol and drugs will keep you in better mental health. Self-medicating is a slippery downward slope.

How do I do it all?

You have to understand that you are no superhero and that the word “No” is your best friend. You have to be realistic about what you can achieve. The garden and housework during the elimination and food challenge periods are low on your list of priorities. The house isn’t going anywhere. It will still be there to clean later when you have time. Create boundaries and prioritize your activities and the people in your life.

