

How to Start from Zero



BY GLENNYS MARQUEZ

Contents

CHAPTER 1

Healthy Lifestyle Habits

CHAPTER 2

Healthy Nutrition

CHAPTER 3

Everyday Fitness

CHAPTER 4

Achieving Your Set Goals





Introduction

Goodbye to the old you!

I come from a long line of women who see food as a source of emotional nourishment, my teenage to early adult years were filled with wonderful experiences centered around food. From shopping for ingredients, preparing the dish, and up to the point of settling down to a sumptuous meal with friends and family all around me. Every meal that we enjoyed created moments we love and cherish even to this day.

Back then, I would always sit with my mom and siblings, Buena and Tias, around the table. We would talk about everything from work, school, friends, family, and life in general while helping ourselves to a variety of home-made dishes. In our family, food was always considered a way to heal the heart and we made sure to always fill our home with the delicious aroma of our favorite meals.

While it would certainly be intriguing for me to recount all the wonderful food experiences and recipes I shared with my family growing up; I think it's more important to point out that there was an unhealthy side to our traditions around the dinner table. Although we weren't aware of the term "emotional eating" at the time, we were actually doing just that - using food as a way to soothe and suppress our various disappointments and anxieties.

When I was growing up, Latina women were generally made to believe two things: (1), that being curvy is the desired female body-type, and (2) that women should focus all of their energies and attention on caring for their families. These two extremes of always obsessing over one's looks, and at the same time neglecting oneself for the sake of others have one thing in common - they indirectly let others dictate for you what should make you happy as a woman.

Since then, I have discovered that for a person to truly love themselves and be comfortable in their own body, there has to be a shift in mindset. They'll have to learn a new way of approaching life which entails having proper dietary knowledge, staying active most times, and making healthy choices when it comes to physical, mental, and spiritual self-care. When one can achieve emotional wellness, then they would no longer need to rely on unhealthy eating habits, idealistic beauty standards, or the praise of others to feel valuable and secure.



What this book hopes to achieve is to provide a solid foundation to help you get started in healing your unhealthy lifestyle habits. Believe me sisters, it took me a lifetime to break through my perceived limitations and unbalanced mindset. If this book helps even one person to redefine what it means to live a life of true well-being, create healthier eating habits and achieve a more positive body image - then all of my life lessons and experiences that I lay out within this book will have been well worth it!

QUESTION FOR YOU

*What if you simply devoted this year
to loving yourself more?*

Hey guys!
Get ready to start a new lifestyle!

#NUGGET

I look forward to helping you bring out the very best in you. You are your biggest project that you will ever work on. And what a beautiful project it is because it's your foundation for living.

If you get tired, learn to rest, and never ever quit because this is a life-long path where you must learn to **always put yourself at the top of your to-do list!**

Glennys Marquez

How to Use this Book

It's flexible and written for you!



1. **Read the book through till the end.** Of course you know saving it somewhere on a device and never opening it won't do you any good. Commit, right now, to seeing it through to the end.



2. **Take it slow.** Try to read one chapter per week and take the time to really explore a few or all of the healthy living ideas that this book suggests.



3. **Keep Daily Records.** To begin with, I recommend that you take several pictures of yourself (as many as you can) from top to bottom, side to side, upside down, downside up, or even hanging from the chandelier in your living room (lol). Believe me, you'll be thrilled that you have proof of how much will change over the course of the next month. And try to remember to be playful with yourself and keep a smile on your face while you're at it.

Keep daily records of what you're eating and take note of changes in your body, your weight, or emotions. (However, there is no need to get obsessed with tracking.)



4. **Journal throughout the journey.** Make sure to check in every week with updates on how you're feeling, what you've been able to achieve, and a review of your monthly goal targets to ensure you track your progress. NOTE: Having an accountability partner may help you stay on track.



5. **Adopt tools and techniques.** You can use them to course correct whenever it looks like you're veering off your path, because believe me, that tends to happen when you're shifting away from unhealthy habits. These tools and techniques will not only help you get back on track but also remind you throughout the journey that you are fully self-sufficient and able to make big changes in your life.

Get ready to SMASH it!



Healthy Lifestyle Habits

Happiness is the result of a healthy lifestyle. The term 'healthy lifestyle' may sound demanding until you discover it for yourself. A healthy lifestyle certainly gives a magical touch to one's life. And what if this magic is created with the least possible amount of effort? Adopting healthy lifestyle habits is much easier and enjoyable than you think it might be.

Action Steps

Daily Journaling

Meditation

Self-care

Keep Learning

Maintain a Healthy Libido at Any Age

Laughter Therapy

Sound Therapy

Daily Journaling

Journaling or self-reflection has become a part of my daily morning routine. This is the point where I get to sit and pen down my feelings on paper. This outpouring of thoughts helps me achieve some sense of relief and relaxation and has always been a great way for me to start my mornings and prepare for the rest of the day. This exercise also helps me dig deeper into my emotions and helps me understand those feelings better.

Feelings of anxiety, sadness, or regret usually take time to build up, so daily journaling is one effective way of identifying these feelings early on before they mature. As you know, we wake up every day with different feelings and sensations, and these can sometimes leave us confused, sad, happy, exhausted, or just overwhelmed. Daily journaling helps me keep these feelings balanced.

Journaling is also another way of capturing beautiful moments in your life. Loaded in it are a lot of information and memories that can inspire you. It helps you reflect deeply and awakens your consciousness of self-love and mindfulness.



Apart from Journaling, most people will find that the only other writing they do in a day is writing to-do lists, grocery lists, errand lists, etc. While these lists help one's organization skills, they usually do not offer you those clear moments of self-reflection you'll find in the pages of your journal.

I'm often fascinated by what I find to write down whenever I'm in this reflective mode, things become clearer...

I find patterns, recognize habits, and would usually find a better interpretation and meaning to events and circumstances around me.

Picking up a pen and writing down your thoughts and feelings now and again may seem a bit unnatural, but that's all the more reason why journaling is an exercise that remains one to be cherished.

Journaling can also help with lowering my stress levels, improving my sleep habits, and developing my overall physical and mental well-being. I believe that journaling helps me achieve all this because it encourages me to regularly reflect with gratitude, find new ways to love myself, helps me set positive life goals, and discover the foods and habits that best suit me so I can devote more time and attention to them.

What daily journaling could look like for you!

JOURNAL SAMPLE

Daily Journaling Title: Today's Morning Pages

What to Include

- What are you grateful for today?
- What belief systems could be limiting you from achieving your goals ?

How to Make The Most of Your Journaling

- Focus on being in the present
- Find a quote that best describes how you feel

Meditation

I want to begin by saying that meditation styles differ with different types of personalities. For me, one of my favorite meditation styles is the one I do on Saturday and Sunday afternoons with my family - we call it "Reflection Day". We all gather together and take turns and talk about our current week's reflections and our intentions for the coming week.



Everyone in my family comes together to share our thoughts on the things that are going on in our lives and then we all make comments and exchange ideas and solutions on each topic of discussion. The topics vary from work, personal projects, emotional episodes, financial issues or our personal goals. The beauty of this exercise is that we ensure to value and respect each other's opinions and decisions.

Something else that I love about this routine is that it brings us closer together as a family as we are sharing our lives with one another in a safe space. It also helps us get rid of the toxic thoughts and feelings that make us not accept the opinions of others and will eventually affect our relationships with people.

Note however that you should only perform this exercise with people that value and accept you as you are because this type of meditation involves pouring out your thoughts, experiences, and feelings to others which makes you very vulnerable to them unlike other types of meditation which only requires you to withdraw into yourself in deep reflection.

Meditation is usually referred to as the soil where appreciation is nurtured, and it can also take on many forms with two main types: concentrative meditation and mindfulness meditation. Like I would always advise, find the one that best suits your personality type.

The following examples are some of the best-known techniques you can adopt:

1. Mindfulness meditation for beginners
2. Breathing exercises
3. Meditation with God (Prayer)
4. Love and Kindness Meditation
5. Body Scan or Progressive Relaxation
6. Meditation with family or talk with a close friend
7. Zen Meditation

Mastering Meditation

The art of meditation is one major way to enrich your practice of mindfulness - and trust me, it's not as hard as you might think! Discover how mindfulness meditation can improve your brain performance. Begin from the foundation and start by trying out some simple meditation techniques, including one that emphasizes the power of happiness.

Meditation may sound mysterious but it's simply a more formal way to develop your mindfulness. Practicing meditation regularly trains your mind to become aware of your surroundings and also helps you to be in the present without prejudice or attachment. There is no special skill required, no religious orientation, or spiritual inclination to be able to practice meditation. you only need to set aside some time, ideally every day for a meditation (Down time) session.

Remember to start small, begin with five to ten minutes of daily practice and gradually build up to 20 to 30 minutes.

What's Next?

I hope you have enjoyed the first 10 pages of my newest ebook! Grab "How to Start from Zero" if you want to achieve these health goals in your life:

- + Heal from your unhealthy lifestyle habits
- + Break free from perceived limitations and unbalanced mindset
- + Live a life of true well-being
- + And devote 2022 in loving yourself more!

Through this ebook, I will share with you some practical ways and tips, which includes my own experiences, on how I build a healthy lifestyle. You will be surprised how it can be enjoyable and easier than you think it might be!

Click here to GET STARTED on your health and wellness journey.

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