

Step-by-Step Guide to

Sexy & Living

WITH RACHEL YACOBOZZI



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HI THERE!

Welcome to the Step-by-Step Guide to Sexy Living! I'm Rachel Jacobozzi, Certified Holistic Health Coach and Personal Trainer.

I began my health journey in my college years when I decided that being on an extremely restrictive diet with high stress levels was not the golden path to getting to optimized health or wellness.

I've spent years doing my own self-research and have developed a way of living that allows me to live a life with low-stress and high energy with a focus on whole based nutrition that is fun, easy, delicious and nutritious.

I look at health through a Holistic approach and have found over time that just eating kale and green smoothies won't get you to a place of ultimate fulfillment. Full-body wellness takes more than a healthy diet to create a lifetime of health, peace and abundant happiness.

In this Step-by-Step Guide to Sexy Living, I go over some simple tips and tricks that have helped me on my journey to better health without the feeling of restriction, guilt or fear of weight gain and negative body image. I show you some easy ways to incorporate healthy living into your life without breaking the bank or wasting all of your days trying to figure out how and what to do.

While this guide is extremely valuable and easy to use, I do know that some of you are looking to get a richer view on how to take your health and body to the next level. If that is you, make sure to check out my 10-Day Jumpstart Program and 1:1 coaching programs. Feel free to connect with me at anytime. The most ideal places to find me are on the comments section of my blog (where I do most of my fun work) or on Facebook and Instagram.

Take time with this guide and use it as you need it. It's here for you to reference and just know that getting to optimized health is a journey. So be patient with yourself and your body and fall in love with the process.

To Your Health & Happiness

xo Rach



PART 1: HEALTH

CONVENIENCE

Know what to choose when you're in a crunch or super busy. Some easy snacks to take on the go:



Nuts



Seeds



Chopped fruit/
vegetables



Carrots and
hummus



Nut butter packets
(with no sugar added)



Sprouted
seed crackers



Organic
granola bars



Vegan protein
powders

Or try nut and seed mixes like this one:

- Walnuts
- Sunflower seeds
- 70%-85% cacao chocolate chips
- Goji berries

KICK THESE TO THE CURB



Processed corn and soy products; the majority of them are genetically modified which can cause havoc on our bodies over time.



Artificial sugars:

Always check labels! Not just the Fat, Carb and Sugar content, but most importantly the ingredients! Hidden sugars can be labeled in many different ways. Some of these include:

- Corn syrup
- High fructose corn syrup
- Corn syrup solids
- Brown rice syrup
- Sucrose
- Fructose
- Molasses
- Tapioca syrup
- Fruit concentrates
- Rice bran syrup
- Malt syrup
- Dextrose
- Maltodextrin
- Sorghum
- Aspartame
- Glycerol
- Erythritol
- Maltitol
- Xylitol

Try making your own desserts from home with cleaner ingredients like the ones in my *Decadent Dessert Guide*. You can find it here:

rachelyacobozzi.com/dessertguide

PART 1: HEALTH

KICK THESE TO THE CURB

[CONTINUED]

Trans Fats (hydrogenated/partially hydrogenated oils/margarine)

When buying oils, look for these words and make sure there is



nothing added into them:

- Unrefined
- Cold pressed
- Organic
- Extra virgin

Refined Grains

Refined grains are whole grains that have been taken and stripped down of their key nutrients and fiber. Avoid white flours, breads, pastas and cakes.



Conventional Animal Food:

This is one rule to stick by. If the thought of buying organic meat is scary because of price, there are two things you can do.



1. Bring awareness to how much extra you will spend and try to compensate for it in other areas.
2. Lessen your animal protein intake and increase your plant protein intake. There are many amazing plant-based recipes you can add into your lifestyle.

ADD THESE IN WITH EASE



Do add in lots of **dark leafy green vegetables** into your diet. Dark leafy greens are loaded with fiber and help keep our immune systems in check. They also help strengthen our blood and respiratory systems and act as detoxifiers in our bodies.

Some amazing greens include:

- Spinach
- Kale
- Swiss Chard
- Broccoli
- Cabbage
- Bok Choy
- Arugula



Add in a **green smoothie** once a day.

Smoothies are a great way to get an abundant amount of nutrient dense food into your diet and will also allow for your digestive system to take a break once in a while.



Add in more sweet **vegetables**. Got a sweet tooth? Adding in foods like radishes, daikon, sweet potatoes, onions, carrots, bell peppers and squash can help minimize your cravings.

PART 1: HEALTH

ADD THESE IN WITH EASE



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Add in **whole grains**.

Whole grains have high sources of fiber, enzymes essential for our health and they provide us with long lasting energy.

Some great wholesome grains to include are:

- brown rice
- quinoa
- millet
- rolled/steel cut oats
- buckwheat
- amaranth



Whole grains like these contain the needed fiber to assist with digestion and allow for the body to properly digest them in a timely manner.

Healthy fats. There are so many types of fat.

Fats are essential for brain and nerve function. They also slow down the digestion process, which allows for longer and more balanced energy and satiety levels.

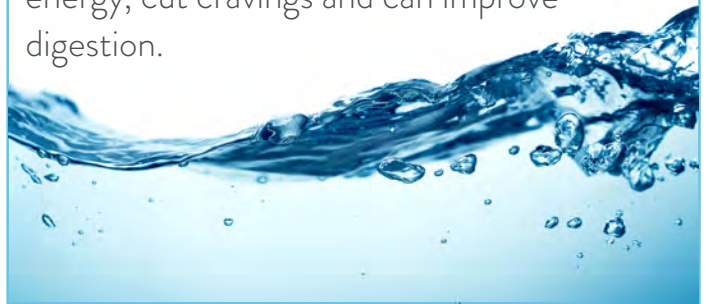
Some healthy fats include:

- Avocados
- Olive oil
- Nuts
- Seeds
- Fish
- Coconut oil



Water!

Most of the time our thirst is disguised as hunger. We are made up of 70% water so consistently drinking water will give you energy, cut cravings and can improve digestion.



PART 1: HEALTH

USE YOUR TIME WISELY

Tips for prepping and scheduling meals:

- Take an hour or two once a week to schedule out and prep your meals
- Cook once and eat twice, you will save a ton of time!
- Cook beans and grains in bulk to create multiple meals with
- Clean, cut and prep fruits and vegetables and store in tupperware for easy access.
- Rinse berries in apple cider vinegar, dry and store in jars for easy snacking options.
- Write out meals with similar ingredients to save time and money throughout the week on cooking.
- Pre-cook proteins such as chicken breast and hard boiled eggs for the week.

Knowing what you are going to eat in advance gives you power to choose the right foods without putting much effort into it, so plan your meals and take time to prep it!



WRAP YOURSELF WITH WILLPOWER

Get rid of the bad food, if it is in your house it will be more tempting to eat. This process allows you to keep the power of CHOICE, but also makes so that you are safe choosing something healthful and not harmful.

Learn to read labels.

Make it a habit to look at the ingredients lists of the foods you are choosing to eat. If you can't read it, don't eat it is what I always say. Think about food in a simple way.

Foods that are optimal for healthy living to should contain one ingredient. For example, whole grains, fruits, vegetables, healthy fats and proteins.

Don't skip meals.

Skipping meals causes high hunger levels which may cause you to reach for food that may not be ideal for your health. Having 3 meals and a couple of snacks throughout the day through this transition is recommended.

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 40g	20%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



PART 1: HEALTH

WRAP YOURSELF WITH WILLPOWER [CONTINUED]

Listen to your body!

If you are hungry, choose good wholesome foods. Same goes for the opposite; when you are eating, listen to your body and it will tell you when you are satisfied. Eat slower, chew your food more and be present when you are eating meals. This will cause you to eat slower, get fuller quicker, and most of the time you will end up eating less and being fuller for longer.

Remember why you're doing this.

Your why is your motivation here. In times of doubt, frustration or impatience, take a deep breath and remember why you chose to take control of your life. Health doesn't happen overnight, just like disease doesn't happen overnight. Take a breath, be patient and know that your destination is closer than you think. Enjoy the journey to optimal health and have fun experimenting with what works for you.

SET OUT FOR SUPPORT

Share what you are doing with others. A healthy lifestyle change can be difficult to do alone. Letting your friends and family know what you are up to and asking for their support can be a huge part of this process. They may even join in on the fun!



PART 1: HEALTH

MONEY MASTERY

Knowing how to shop on a budget all while being healthy can seem difficult. Stick with these couple tips and you will be good to go!

Create awareness around where you are spending your dollars. Most of us spend money here and there and don't even realize how much we are actually spending on useless things. Create a money journal and write down everything you spend in a month. You'll realize how many miscellaneous things you purchase and you'll become aware of where you could compensate some hard earned dollars for some healthier (and ultimately cheaper) choices.

Cook at home. One entrée out at dinner can cost up to \$25/\$30. This could pay for 2 to 3 clean meals at home.



Check out local farmers markets and CSA's.

Farmers markets offer cheaper and more local options for foods. This can be a great place to find nutritious food at a decent price. CSA's are Community-supported agricultures. These are farms in your areas that offer pick-up and delivery services of local (and usually organic) foods for a fraction of the price! Localharvest.org is a great website to find CSA's and farmers markets in your area.

Buy in bulk. When it comes to grains, beans, nuts and seeds, buying in bulk is much cheaper and you can buy what you need without over-buying.

Not everything needs to be organic. There are certain fruits and vegetables that should definitely be purchased organic due to the high pesticide residues found on them. Ewg.org has two lists of the most contaminated and least contaminated produce available. They are known as the 'Dirty Dozen' and 'Clean Fifteen'. These lists will help you prioritize what you should buy organic and also where you can save money on non-organic items.

PART 1: HEALTH

SUPER SKINCARE

Your skin is your largest organ, so better take care of it! As I delved deeper into healthy living, I noticed that what I was putting in my body was high quality, but what I was putting ON it was not. I started doing research and was astonished with how many harmful chemicals there are in skin products and how little the skincare industry is regulated. I encourage you to take a look at your skin care and see what is in it. EWG's Healthy Living app and Think Dirty are two tools that you can use that will tell you what is in your skincare products and whether or not they are good or bad for your health. These apps will give you a lot of information regarding the products you are currently using and will also give you better alternatives.

For a more in depth view on how to get glowing and youthful skin, check out my Glow Guide here: rachelyacobozzi.com/glowguide



PART 2: LIFESTYLE

GET MOVIN'

Things that we do throughout the day are constantly creating tension in our bodies which can lead to muscle tension, tightness and can have an effect on our digestive processes. Creating movement throughout the day with exercises that you enjoy has many benefits. Some of these include: alleviating muscle tension, enhance sleep quality, improve digestion, improve cognitive function and aid in weight maintenance.

When choosing an exercise, keep in mind that different exercises work for different people. Find what works best for your body and listen to your body when it likes or dislikes specific movements. Finding something you love to do will allow for more long-term success in the movement department. Whether you are weight lifting at the gym, taking a peaceful walk around the neighborhood or getting up every 20 minutes at work to stretch and move around, just getting the movement in is ideal for overall wellness.

Tracking your exercise to keep yourself accountable is key. Take note on how you feel with or without exercise and change up your routines and types when you feel it necessary.



REV UP THE RELATIONSHIPS

Spend time with people who lift you up. Having uplifting and positive relationships in your life is such an important aspect of your health. Take a look at the people closest to you and become aware to whether they are adding to your life or not. Take steps to spend more time with those who keep you in a positive empowering mindset and spend less time with those who bring you down and feel less motivated and empowered. Fostering good relationships is a key aspect to overall wellness and fulfillment.



PART 2: LIFESTYLE

GIVE YOURSELF SOME LOVIN'

Practice self-care and self-love. If you aren't giving time and self-love and care to yourself, how do you expect to give that to others? Making sure you are operating at the highest level allows you to offer more to the world. Practicing self-care can have a huge effect on how you feel and the energy that you put off to others. Taking time each day to practice self-care can change the way you feel which will ultimately change the way you perceive the world around you.

Some self-care techniques to try in your daily routine include: Self foot massages, hot towel scrubs, meditation, taking time to yourself, letting go of negative self-talk, adding in daily gratitude exercises and surrounding yourself with positive relationships.



CREATE CONGRUENCY WITHIN YOUR CAREER

Do what you love. We humans spend YEARS doing our work and in our jobs. They take up more time than almost anything in our lives. Finding work that you love is crucial to living a healthful and fulfilling life. Take note of the work you are doing right now, are you loving it? If not, what are some things you can do to start enjoying it more? Maybe ask to work on certain areas or projects that interest you more? How about trying to change up the co-workers you spend the most time around? Maybe even changing up your work-space to something that has a more positive feel to it. There are many ways you can increase the love that you have for the work you are currently doing. If what you are doing isn't pleasing you, then maybe contemplating new paths may be something you could do. Whatever it is, be patient with the process and stay motivated knowing that loving your work is 100% realistic if you take the right steps to make it a reality.

Do
WHAT
YOU
Love

PART 2: LIFESTYLE

ADD IN SOME AHA'S

Last but not least, laugh A LOT! Laughter keeps us young and it keeps us healthy. Laughter decreases our stress hormones and increases our bodies resistance to disease. Laughter makes us feel good and it also works our abdominal muscles, which we all know we like. Our emotional health has one of the biggest impacts on our overall health. Keeping sure that we are emotionally stable and healthy is important when it comes to overall wellness. Be playful with life, it's not that serious!



WOAH, you're all done!

I hope you got a ton of value from this guide and that you'll remember to use it as a resource from time to time. I recommend adding in a thing or two at a time, testing it and seeing what works best for you. Remember to enjoy the journey to balanced and optimal health and love yourself along the way!

P.S. If you are ready for the next step in your journey to health and you want to double your results in half the time...OR if you're just feeling tired, sluggish and not really yourself anymore then I would love for you to join our community and get my 10-Day Jumpstart Program. Because you are still reading this, I know you are serious about getting results so I'm going to give you the

Entire Jumpstart Guide for 60% off just by clicking here:

rachelyacobozzi.com/getjumpstart

P.P.S I won't be running the 60% discount for very long. If it's not their when you go to that page - I would still love to have you join our community and change your life even though I can't always offer the 60% discount...but just to be sure, hurry and get your 10-Day Jumpstart Guide today. Whether you start it now or save it for when you're ready, I can't wait to join you on this journey to optimized health!

xoxo Rachel