

Be Healthy and Thrive

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Podcast



Eps 2: What Does It Mean To Be Healthy and Thrive?

- **0:01** Welcome back!
- **0:38** Physical Health is THE foundation
- **1:13** How sick our bodies are is on the rise
- **1:37** We have the power to prevent and change that
- **1:57** We empower ourselves by knowing what's best for ourselves, our bodies, and our situations
- **2:47** Let's talk about the **7 Pillars of Physical Health**
- **3:02** Live challenge going on right now and how to join
- **3:37** First Pillar - **Nutrition** - it starts with food and why it matters so much
- **5:14** Tips around meals to make them healthier - including what to incorporate, how much, and how to deal with cravings
- **11:22** Case study on how eating cleanly equals showing up better in life
- **11:46** Second Pillar - **Exercise** - how perception of punishment or enjoyment affects our health and how to make it work for you
- **14:20** Fitness is a journey and how you can start it by doing what you like
- **14:30** Case study in finding that one thing you enjoy and growing from there
- **15:16** Third Pillar - **Stress** - and living in a state of chronic stress daily
- **18:46** How you can deal with stress: eliminate, reduce, or cope
- **19:47** Fourth Pillar - **Sleep** - How it correlates to physical health
- **23:35** Fifth Pillar - **Digestion** - and how identifying what hurts or helps your gut contributes to a healthy tummy
- **26:20** Sixth Pillar - **Reducing Toxic Load and Natural Solutions** - and how they affect you directly through products you use daily
- **29:07** Seventh Pillar- **Mindset and Habits** - what we think drives what we do
- **32:40** Sign up for the 7 Pillars workbook from the challenge [>>HERE<<](#)
- **32:43** Wrapping up the episode with important questions to ask yourself from each pillar
- **33:37** Thank you for tuning in and how you can sign up or join me!
- Remember to share and subscribe!