

THE LIVE LIFE BETTER STARTER KIT

Four simple tools to help you eat better,
move better, recover better, and think better
---one step at a time---

----- Created by Heidi Vivanco -----
@VivaYourVidaFit



WHAT'S INSIDE

WELCOME TO YOUR LIVE LIFE BETTER STARTER KIT!

Inside you'll find four practical resources designed to help you build healthier habits without overwhelm. Each guide focuses on one of the four pillars of Viva Your Vida Fit.



EAT BETTER- NUTRITION TOPIC

Protein Made Simple

Learn easy ways to eat enough protein without complicated meal plans.



THINK BETTER- MINDSET TOPIC

Small Habits, Big Change

Simple mindset shifts that make healthy choices easier to stick with.



RECOVER BETTER- SELF-CARE TOPIC

The Better Recovery Blueprint

Sleep, stress, hydration, and recovery habits that help your body recharge.



MOVE BETTER- FITNESS TOPIC

The Everyday Movement Guide

Build strength, confidence, and consistency through purposeful movement.

BEFORE YOU BEGIN

You don't need to complete everything at once.

Choose the guide that feels most helpful today, put one idea into practice, and come back whenever you're ready for the next step.

**EVERY HEALTHY CHOICE IS ANOTHER OPPORTUNITY TO
SAY YES TO THE LIFE YOU WANT TO LIVE.**

Let's get started!

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PROTEIN MADE SIMPLE

BUILD MEALS THAT SATISFY YOUR HUNGER, SUPPORT YOUR MUSCLES, AND
FIT YOUR REAL LIFE.

Why Protein Matters

Protein is more than a "gym thing."

It helps:

- Build and maintain muscle
- Keep you feeling full longer
- Support healthy aging
- Aid in recovery after exercise
- Help stabilize energy throughout the day

Whether your goal is fat loss, building strength, or simply feeling better, eating enough protein is one of the most impactful habits you can build.

How Much Do You Need?

Rather than worrying about perfection, aim to include a quality source of protein at each meal.

For many adults, a practical goal is 20–30 grams of protein per meal, though individual needs vary based on age, body size, activity level, and goals.

Remember: consistency matters more than perfection.

Great Protein Choices

Animal Sources

- Chicken
- Turkey
- Lean beef
- Eggs
- Greek yogurt
- Cottage cheese
- Tuna
- Salmon
- Shrimp
- Pasturized Egg Whites

Plant Sources

- Tofu
- Tempeh
- Edamame
- Lentils
- Beans
- Chickpeas
- Soy milk
- Quinoa



NUTRITION

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PROTEIN MADE SIMPLE, CONTINUED...

Build Your Plate

An easy way to think about meals:

✓ Start with protein.

Then add:

- Colorful fruits or vegetables
- A quality carbohydrate
- A healthy fat

This simple approach creates balanced meals without overcomplicating nutrition.

Quick Win

Choose one meal tomorrow and intentionally make protein the first thing you plan.
Small changes repeated consistently create lasting results.

Reflection

Ask yourself:

"Where would adding a little more protein make my day easier—breakfast, lunch, dinner, or snacks?"

One Step Forward

You don't have to master everything today. Choose one idea from this guide and put it into practice this week. Small, consistent actions build lasting change.

Then ask yourself:

"Will this help me say YES to the life I want to live?"

If the answer is yes, you're already moving in the right direction.

**LIVE LIFE BETTER,
COACH HEIDI**



NUTRITION

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EVERYDAY MOVEMENT GUIDE

SIMPLE WAYS TO MOVE MORE, FEEL STRONGER, AND BUILD A HEALTHIER LIFE
---ONE STEP AT A TIME---

Why Movement Matters

Movement isn't just about burning calories or changing how you look. It's about improving the quality of your everyday life.

Regular movement can help you:

- Build strength and confidence
- Improve balance and mobility
- Increase energy
- Reduce stress
- Support heart health
- Make everyday tasks feel easier

The best exercise isn't the "perfect" workout—it's the one you'll actually do consistently.

Movement Counts in Many Ways

You don't have to spend hours in a gym to benefit from movement.

Everyday movement includes:

- Walking the dog
- Gardening
- Playing with your kids or grandkids
- Taking the stairs
- Stretching
- Strength training
- Dancing
- Bike rides
- Housework
- Yard work

It all adds up.

Build Your Movement Habit

Start where you are.

Aim to include movement most days of the week by choosing activities you enjoy.

Some ideas:

- Take a 10-minute walk after dinner.
- Stretch for 5 minutes when you wake up.
- Park a little farther from the entrance.
- Set a reminder to stand up every hour.
- Schedule your workouts like appointments.

Remember, consistency beats intensity.



FITNESS

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EVERYDAY MOVEMENT, CONTINUED...

Strength Matters

Strength training isn't just for athletes.

It helps you:

- Protect your muscles as you age
- Support healthy bones
- Improve posture
- Make daily tasks easier
- Build confidence

Even two sessions each week can make a meaningful difference.

Quick Win

Choose one way to move today, even if it's only for 10 minutes.

Small actions repeated consistently lead to lasting results.

Reflection

Ask yourself:

"What type of movement makes me feel energized instead of exhausted?" That's a great place to begin.

One Step Forward

You don't have to master everything today. Choose one idea from this guide and put it into practice this week. Small, consistent actions build lasting change.

Then ask yourself:

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BETTER RECOVERY BLUEPRINT

SUSTAINABLE HABITS THAT HELP YOUR BODY RECHARGE, REBUILD, AND PREPARE FOR TOMORROW.

Why Recovery Matters

Recovery isn't taking time away from your health—it's part of building it.

When you give your body time to recover, you're supporting:

- Muscle repair and growth
- Energy levels
- Mental clarity
- Stress management
- Immune function
- Long-term consistency

Recovery helps you feel your best so you can keep showing up for the life you want to live.

The Four Foundations of Recovery

SLEEP

Aim for consistent, quality sleep whenever possible. A regular bedtime routine and limiting screen time before bed can make a big difference.

HYDRATION

Water supports nearly every system in your body. Staying hydrated helps with energy, focus, digestion, and recovery after activity.

STRESS MANAGEMENT

Stress is part of life, but chronic stress can slow recovery. Simple habits like deep breathing, journaling, spending time outdoors, or connecting with loved ones can help.

REST

Rest days aren't a sign of weakness—they're when your body adapts, repairs, and comes back stronger.



RECOVERY

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BETTER RECOVERY BLUEPRINT, CONTINUED...

Recovery Doesn't Have to Be Complicated

Small daily habits can make a meaningful difference.

Try one of these today:

- Drink an extra glass of water.
- Go to bed 30 minutes earlier.
- Take a short walk outside.
- Spend five minutes stretching.
- Practice slow, deep breathing.
- Read instead of scrolling before bed.

Choose one habit and build from there.

Quick Win

Pick one recovery habit to focus on this week.

Consistency is more powerful than trying to improve everything at once.

Reflection

Ask yourself:

"When do I feel my best, and what recovery habits help me get there?"

Your answer can become the foundation of a routine that works for you.

One Step Forward

You don't have to master everything today. Choose one idea from this guide and put it into practice this week.

Small, consistent actions build lasting change.

Then ask yourself:

"Will this help me say YES to the life I want to live?"

If the answer is yes, you're already moving in the right direction.

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RECOVERY

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SMALL HABITS, BIG CHANGE

BUILD A MINDSET THAT HELPS HEALTHY CHOICES BECOME PART OF YOUR EVERYDAY LIFE.

Why Mindset Matters

Your thoughts influence your choices, and your choices shape your habits.

Lasting change doesn't happen because you're motivated every day,
it happens because you continue showing up, even on the days you don't feel like it.

Healthy habits are built one decision at a time.

Focus on Progress, Not Perfection

Perfection can leave us feeling stuck.

Instead of waiting for the "perfect" time, ask yourself:

- What is one healthy choice I can make today?
- What's one small step forward?
- What can I do with the time and energy I have right now?

Small, consistent actions create meaningful change over time.



MINDSET

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SMALL HABITS, BIG CHANGE, CONTINUED...

Build Habits That Fit Your Life

Healthy habits don't have to be complicated.

Start by choosing one habit to focus on this week.

Ideas include:

- Drinking more water
- Taking a daily walk
- Adding protein to breakfast
- Going to bed a little earlier
- Taking five minutes to stretch
- Practicing gratitude
- Preparing tomorrow's lunch tonight
- When one habit becomes part of your routine, you're ready to build the next one.

Quick Win

Choose one habit that feels realistic for this week.

Write it down and decide when you'll do it.

Success comes from repeating simple actions—not from doing everything at once.

Reflection

Ask yourself:

"What's one small choice I can make today that my future self will thank me for?"

One Step Forward

You don't have to master everything today. Choose one idea from this guide and put it into practice this week.

Small, consistent actions build lasting change.

Then ask yourself:

"Will this help me say YES to the life I want to live?"

If the answer is yes, you're already moving in the right direction.

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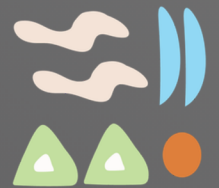
MINDSET

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UNTIL NEXT TIME...

**YOUR HEALTHIEST LIFE ISN'T WAITING FOR SOMEDAY.
IT'S BUILT BY THE CHOICES YOU MAKE TODAY.**

You don't have to change everything today.

Every healthier meal.
Every walk around the block.
Every extra glass of water.
Every good night's sleep.
Every intentional choice.

They all count.

Progress isn't built in one perfect day.
It's built through the small decisions you make again and again.



**KEEP CHOOSING THE HABITS THAT HELP YOU SAY "YES!!"
TO THE LIFE YOU WANT TO LIVE.**

Whenever you're ready, come back and explore another free resource from
the Viva Your Vida Fit Resource Library.
There's always another small step waiting for you.

THANK YOU FOR LETTING ME BE PART OF YOUR JOURNEY.

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