

THE BIG 10!

10 TOP TIPS TO HELP YOU CREATE THE HEALTHY LIFESTYLE YOU NEED TO THRIVE

LATOYA FERNANDEZ
THE PATH FORWARD





*"My light is abundant, My life is abundant;
I'm living abundantly"*

INTRODUCTION

"True health is a harmony of mind, body, and spirit, woven together by the choices we make each day. It's not just about what we eat or how we move, but also the thoughts we nurture, the relationships we cherish, and the passions that ignite our souls."

Welcome to "The Big 10!": A Guide for Black Women and Women of Color." This e-book is a celebration of resilience, strength, and holistic well-being tailored specifically for individuals who identify as Black women and Women of Color. In a world where our health needs are often overlooked or misunderstood, this guide is a beacon of empowerment, offering ten transformative steps towards achieving vibrant health and wellness.

1.) SELF LOVE AND ACCEPTANCE

Embrace your unique beauty and worthiness, affirming yourself daily. Practice self-compassion and celebrate your strengths.

List the parts of yourself you love the most below

1

2

3

Write your affirmation: Start with " I am Powerful because.."fill in the rest with the list from above.

CREATE A SELF CHARTER

A SELF CHARTER IS A SET OF AGREEMENTS YOU MAKE WITH YOURSELF THAT CREATES A GUIDELINE AND ACCOUNTABILITY FOR GETTING BACK ON TRACK. THIS IS SPECIFIC AND INTENTIONAL.

list 3 feelings that you want to consistently feel in your life

I WANT TO FEEL

1

2

3

List 3 actions you will take to get yourself to this space

I WILL

1

2

3

CREATE A SELF CHARTER CONTINUED..

If there's a breakdown and I'm not feeling these feelings what can I do to get back there?

**IF/WHEN THERE'S A BREAKDOWN I WILL
(write response below in the empty space)**

CREATE A SELF CHARTER CONTINUED..

**WRITE YOUR COMPLETED CHARTER BELOW USING
THE PROMPTS WITH YOUR RESPONSES: " I want to
feel..... I will.....If there's a break down I will..."**

2.) NUTRITIOUS EATING

Prioritize whole, nutrient-dense foods that nourish your body and mind. Incorporate culturally relevant foods that resonate with your heritage.

FRUITS-VEGGIES

Berries	Spinach
Apples	Broccoli
Oranges	Bell Peppers
Bananas	Carrots
Avocado	Sweet Potatoes
Pineapple	Kale
Mango	Tomatoes

PROTEINS- WHOLE GRAINS

Salmon	Brown Rice
Chicken Breast	Oats
Beans	Whole Wheat Bread
Mushrooms	Barley
Tofu	Whole Wheat Pita
Lentils	Farro
Quinoa	
Eggs	
Greek Yogurt	

NUTRITIOUS EATING CONTINUED

Prioritize whole, nutrient-dense foods that nourish your body and mind. Incorporate culturally relevant foods that resonate with your heritage.

HEALTHY FATS

- Nuts (almonds, walnuts, cashews)
- Seeds (chia seeds, flaxseeds, pumpkin seeds)
- Olive Oil
- Avocado
- Fatty Fish (salmon, mackerel, sardines)
- Coconut Oil
- Nut Butters (peanut butter, almond butter)

Herbs, Spices, Drinks

Turmeric
Ginger
Garlic
Cinnamon
Basil
Rosemary
Cilantro

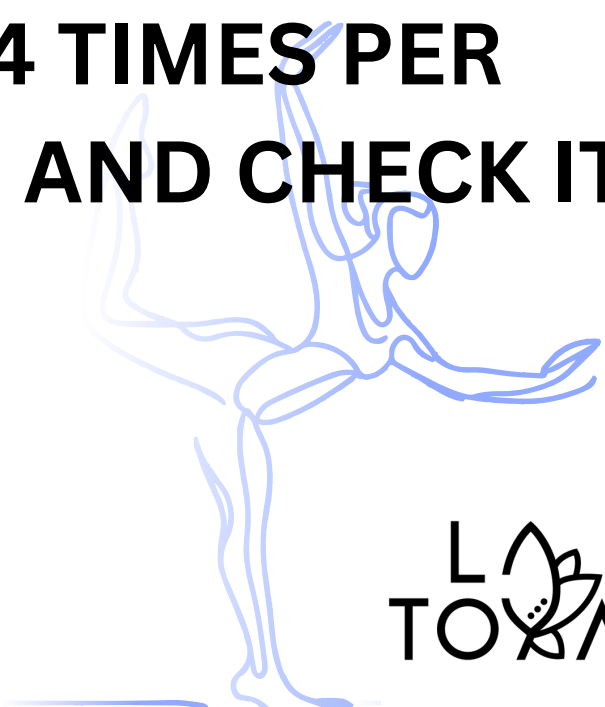
Water
Herbal Tea
Green Tea
Kombucha
Sparkling Water

**WATER CAN BE INFUSED WITH
FRUITS OR HERBS.
MAKE SURE DRINKS DO NOT
CONTAIN SUGAR.**

3.) MINDFUL MOVEMENT

Engage in physical activities that you enjoy, whether it's dancing, walking, or practicing yoga. Move your body regularly to promote strength, flexibility, and vitality.

MOVE YOUR BODY 4 TIMES PER WEEK. WRITE IT DOWN AND CHECK IT OFF!



4.) MENTAL HEALTH MAINTENANCE

Prioritize your mental well-being by seeking therapy or counseling if needed. Practice mindfulness, meditation, or journaling to manage stress and cultivate inner peace.

**SCHEDULE THIS DAILY FOR A
MINIMUM OF 30 MINUTES**

**A.) DON'T SCHEDULE YOUR
DAY BACK TO BACK**

B.) ASK FOR HELP

**C.) PLACE BOUNDARIES
WHEREVER NEEDED**

**D.) "NO" IS ALWAYS AN
OPTION**

**E.) YOU CANNOT NOURISH
YOUR PURPOSE IF YOUR WELL
IS EMPTY**



5.) COMMUNITY CONNECTION

Foster supportive relationships within your community. Surround yourself with individuals who uplift and empower you, sharing experiences and resources for collective healing.



EXAMPLES

- SCHEDULE TIME WITH LOVED ONES ONCE A MONTH
- ENGAGE IN SOCIAL INTERACTIONS THAT FILL YOU UP RATHER THAN EXHAUST YOU MENTALLY OR PHYSICALLY
- ATTEND CHURCH OR A SPACE OF WORSHIP/PRAYER
- JOIN LOCAL AFFINITY GROUPS
- ATTEND EXERCISE CLASSES IN PERSON OR ONLINE

6.) CULTURAL IDENTITY CELEBRATION

Embrace and honor your cultural heritage. Participate in traditions, celebrations, and practices that connect you to your roots and promote a sense of belonging.



**Use online resources to research
Holidays and Cultural celebrations.
Commit to attending a minimum of 3
per year.**

CULTURAL IDENTITY CELEBRATION CONTINUED...

EVENT NAME	EVENT DATE	EVENT PURPOSE

7.) REGULAR HEALTH SCREENINGS

Stay proactive about your health by scheduling regular check-ups and screenings. Address any health concerns promptly and advocate for your well-being within healthcare systems.

♥ GET YOUR BLOOD WORK DONE

♥ SCHEDULE REGULAR PELVIC EXAMS

♥ CHECK YOUR BLOOD PRESSURE

♥ GO TO THE DENTIST



8.) RESTORATIVE REST

Prioritize quality sleep and rest to rejuvenate your body and mind. Create a calming bedtime routine and ensure your sleep environment promotes relaxation.

MEDITATIVE CALM SPACE:

Relaxing sounds

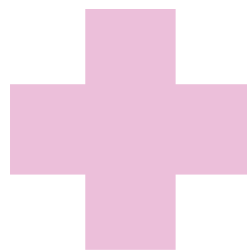
Favorite memories

Comforting aromas

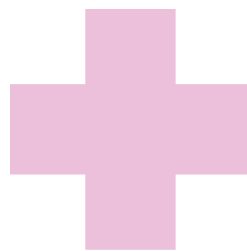
9.) EMOTIONAL RESILIENCE BUILDING

**Cultivate resilience in the face of adversity.
Draw upon cultural strengths and ancestral
wisdom to navigate challenges with grace and
determination.**

COMMUNITY SUPPORT- FIND YOUR TRIBES



**EMPOWERMENT- STUDYING THE
CONTRIBUTIONS OF PEOPLE FROM YOUR
CULTURE**



**HEALING- REPAIRING HARM AND FORGIVING
SELF AND OTHERS**

10.) ADVOCACY AND EMPOWERMENT

Advocate for equitable healthcare access and resources within your community. Stand up against systemic injustices and disparities that affect the health and well-being of Black women and Women of color.

- IT'S OK TO ASK QUESTIONS**

- IT'S OK TO GET A SECOND OPINION**

- IT'S OK TO REQUEST CARE FROM SOMEONE YOU MAY FEEL MORE COMFORTABLE WITH**

- 1.) **Self-Love and Acceptance:** Embrace your unique beauty and worthiness, affirming yourself daily. Practice self-compassion and celebrate your strengths.
- 2.) **Nutritious Eating:** Prioritize whole, nutrient-dense foods that nourish your body and mind. Incorporate culturally relevant foods that resonate with your heritage.
- 3.) **Mindful Movement:** Engage in physical activities that you enjoy, whether it's dancing, walking, or practicing yoga. Move your body regularly to promote strength, flexibility, and vitality.
- 4.) **Mental Health Maintenance:** Prioritize your mental well-being by seeking therapy or counseling if needed. Practice mindfulness, meditation, or journaling to manage stress and cultivate inner peace.
- 5.) **Community Connection:** Foster supportive relationships within your community. Surround yourself with individuals who uplift and empower you, sharing experiences and resources for collective healing.
- 6.) **Cultural Identity Celebration:** Embrace and honor your cultural heritage. Participate in traditions, celebrations, and practices that connect you to your roots and promote a sense of belonging.
- 7.) **Regular Health Screenings:** Stay proactive about your health by scheduling regular check-ups and screenings. Address any health concerns promptly and advocate for your well-being within healthcare systems.
- 8.) **Restorative Rest:** Prioritize quality sleep and rest to rejuvenate your body and mind. Create a calming bedtime routine and ensure your sleep environment promotes relaxation.
- 9.) **Emotional Resilience Building:** Cultivate resilience in the face of adversity. Draw upon cultural strengths and ancestral wisdom to navigate challenges with grace and determination.
- 10.) **Advocacy and Empowerment:** Advocate for equitable healthcare access and resources within your community. Stand up against systemic injustices and disparities that affect the health and well-being of Black women and Women of color.

The Path Forward

“The Big 10!”

**You've got this
Queen!**

www.latoyafernandez.com



L
TOYA