

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



EASY HEALTHY HABITS

LITTLE STEPS CAN LEAD TO A BIG IMPACT ON YOUR HEALTH.

Replace the oil with applesauce in baking recipes.

Use spray salad dressing (20 sprays) in place of regular salad dressing.

Eat a salad with spray dressing at the beginning of a meal to decrease total calories of the meal.

Choose fat free Miracle Whip in place of regular Miracle Whip.

Shoot for five 1/2 cup servings of fresh or steamed vegetables daily (for those 9 months or farther from surgery)

Increase your protein by 17 grams by adding one scoop of Any Whey to your yogurt.

Start your day with a protein shake to insure that you meet your protein goal.

Take snacks and meals with you each day. Lean frozen meals, salads with lean protein source, soup with added chicken, protein bars, soy nuts, no-added-sugar yogurt, cottage cheese, 1/2 sandwich, string cheese, and low fat milk can all be healthy choices.

Substitute 15 minutes on the treadmill for 15 minutes on the couch.

Take a stress break during the day. Close your eyes, take deep breaths and focus on your breathing.

Choose a home cooked meal rather than eating out. A study from the University of Texas at Austin found that people ate 226 more calories at a meal when eating out.

Keep fresh cut vegetables in the fridge with low dip and a basket of fresh fruit on the counter for the entire family to choose rather than sugar or fat laden snacks.

Pack your lunch the night before so it's ready to grab and go in the morning crunch.

Buy small plastic food containers to put leftovers in. Freeze and pull out for a quick meal.

Setting goals and tracking the number of steps that you take with a pedometer DOES increase your activity level. Look for an indoor walking environment, listen to your favorite tunes or grab a walking buddy and get moving.

Eat less processed foods. Foods in their natural state tend to have more vitamins, minerals and fiber than processed foods. Processed foods contain more added sugar, salt, colorings and flavorings that can negatively impact health.

Drink 3 glasses of skim milk or 3 servings of low fat or no-added-sugar yogurt daily to get your calcium needs met.
