



5 TIPS for a HEALTHIER YEAR

FITNESS: ANYTIME, ANYWHERE!

You do not have to go to the gym to get a workout in. Take 15 minutes and do 25 sit-ups, 15 push-ups, and 30 squats. Repeat the circuit as many times as you can with 60 seconds of rest in between. ***

LEARN SOME SIMPLE RECIPES!

Learn some simple healthy recipes for dinners and packing lunches. Add your own variations to recipes for taste as you get more experience. Make it a goal to pack your lunch at least 4 days a week. **

RISE & SHINE!

Wake up 15-30 minutes earlier than normal to give your body and mind more time to wake up before starting your day. The extra alone time can be relaxing and help reduce stress.

START WITH WATER!

Before you reach for your mug of coffee or tea, drink a glass of water. Your body needs to rehydrate after sleeping, and your digestive system will appreciate the gentler wake up call.

SNACK SMART!

Pack your own healthy snacks, like fresh fruit or nuts. This will help keep your diet on track during the day and give your body the productive energy it needs. *