

10 Simple Tips to a Healthier YOU!

Most of us want to be living a healthy life and will think of ways to become healthier, however, a lot of the time that is about as far as we get - thoughts and words. We talk about it but it's hard to get action to follow those words. Procrastination takes hold, another year passes and when we look back, our progress is less than stellar. This can be for many different reasons, it's too much of a change, maybe it's hard to work anything into your crazy schedule or you might just feel a bit overwhelmed thinking you need to make all these drastic changes to improve your health. **Most times, drastic changes don't stick. It's too much and sooner than later people usually fall back into old routines.** You can become healthier by taking smaller steps and a gradual process. Here are some tips to get you on track of living a healthier lifestyle!

Eat breakfast: Skipping breakfast can increase your hunger later in the day and lead to overeating. Something as simple as oatmeal, a hard-boiled egg or whole grain toast with some fruit are some quick, healthy options.

Exercise: Be committed to your workout schedule. Schedule it into your day as if it is an important meeting. If you cannot afford a gym membership or simply do not want to go, schedule a half hour in your day to go for a brisk walk or jog. Grab some light weights or some soup cans and do exercises at home. This will also be a bit easier if you can find someone you enjoy spending time with to exercise at the same time. Not only will it be more enjoyable, it will create accountability at the same time so you will be more likely to stick with it.

Increase your fruit and vegetable intake: You do not need to make huge changes; try to start with increasing by one serving a day. You can easily incorporate a serving of fruit into a blended protein shake. It is also easy to boil some frozen vegetables and add them to any meal. Neither take a lot of time and although frozen is not quite as good as fresh and raw fruits and vegetables, it's a step in the right direction!

Switch your dairy products to low or non-fat: This will help you to continue receiving the benefits of dairy products while limiting the fat intake.

Boost your water intake: You will hear this over and over, it's because your body absolutely NEEDS this! A good way to do this is instead of saying how much water you will drink in a day, measure it by the hours. Try to drink at least one tall glass of water every two hours. It helps to have a water bottle on you at all times. You can also add lemon or lime to help vary the taste a bit.



Cut down or cut out sugary drinks: Cut down on pop, juice, energy drinks etc. and opt for flavored water or healthier options instead. With respect to alcoholic beverages, stay away from fancy drinks, cocktails and beer, as these will all have a lot more calories and sugar, and opt for wine instead (preferably red as this comes with some health benefits).

Avoid fast food: Although we all love to indulge in big burger and fries, it is important that you avoid eating this type of food when you can.

Cook Meals: This will help you stay away from boxed meals and processed food. If you cook on weekends, you can cook enough to help spread leftovers throughout the week. There are a ton of healthy meal options. You can research healthy recipes online.

Turn your TV off: Spend more time living outside of your living room! Better for your physical and mental health.

Schedule downtime: Most people have fast paced, stress filled lives. Some of the benefits of relaxation are: reduced blood pressure, more energy, increased concentration, less headaches and general improvement in your overall health and well-being.

Use these tips to start living a healthier lifestyle! You are probably already working on some of them. These small steps will put you in the right direction to reach big goals. Every step is worth it!

Source: *The Wealth Brand*, www.thewealthbrand.com

Healthy Recipe: Honey Baked Chicken

Prep Time: 5-10 minutes | Baking Time: 1-1 ¼ hours | Makes 10 servings

Ingredients:

- 3 lbs. chicken pieces, skinned
- 1 tbsp. butter, melted
- 1 tbsp. olive oil
- 2 tbsp. prepared mustard
- 1 tsp. curry powder
- 1/3 cup honey
- 1/3 cup water

Directions:

1. Preheat oven to 350°
2. Arrange chicken in a single layer in a shallow, lightly greased baking dish.
3. Combine all other ingredients in a bowl. Pour over chicken.
4. Place in oven, uncovered. Baste chicken with sauce every 15 minutes.
5. Bake until nicely browned and tender, about 1 - 1 ¼ hours.

Per Serving:

Calories: 232 • Protein: 29g • Carbohydrates: 10g • Total Fat: 8g • Cholesterol: 98mg • Sodium: 147mg



Source:

Fix-It and Enjoy-It Healthy Cookbook
- Phyllis Pellman Good with nutritional expertise from Mayo Clinic.

Motivational Quotes

People begin to become successful the minute they decide to be.

- Harvey Mackay

Perseverance is the hard work you do after you get tired of doing the hard work you already did.

-Newt Gingrich



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