1. Are you getting lots of water? Getting 6-8 glasses a day keeps you well-hydrated!
2. Broccoli is a great source of calcium!
3. Do you have a favorite healthy food?
4. Spinach is nutrient-dense and easy to add to pasta sauces and salads.
5. Stop! It’s time for a stretch break! Make sure you’re getting up and moving every 20 minutes or so to keep that blood flowing!
6. Drink a glass of water before every meal to cut back on the calories you’re consuming!
7. Writing down everything you eat helps to keep you accountable for the food you eat!
8. What’s your favorite way to keep active? Tweet a picture!
9. Live by the Rainbow Rule! Try to get as many colors of veggie on your plate as possible.
10. Did you know? The cause of most headaches is dehydration. Get a glass of water!
11. Whatever your meal, try to make it at least at least ⅔ veggie.
12. Do you have a pedometer? Most smart phones come with one. Aim for 10,000 steps a day.
13. Try parking at the back of the parking lot to get more steps in!
14. Freeze grapes for a guilt-free summer snack!
15. Don’t forget to stretch before you work out! You could hurt yourself!
16. Are you getting enough vitamins? Pack those veggies on your plate to make sure you’re taking care of yourself!
17. What is your favorite healthy dessert?
18. Quinoa has lots of protein!
19. Keep yourself educated! Sometimes it helps to read a book on health and dieting to keep yourself on track.
20. Try getting in cardio for 30 minutes, three times a week.
21. Grapes have a compound that increases longevity.
22. Subscribe to a blog or listen to a podcast - things things can do wonders to keep yourself going when you want to quit.
23. Tell us about a favorite recipe that uses blueberries?
24. How do you feel? It’s important to pay attention to how a change in your diet affects the way you feel.
25. Keeping water in your body means keeping toxins out of it.