1. Are you getting enough sleep? 6-8 hours keeps your body repaired and your metabolism high!
2. Try to eat smaller meals more frequently to keep your metabolism up!
3. Get out in the sunshine! Sunshine helps your body make Vitamin D!
4. Sweet potatoes are full of fiber!
5. When working out, focus on your breathing. Your muscles need oxygen to grow!
6. Take a long walk every few days to get some extra exercise in.
7. What is your favorite salad recipe?
8. You really are what you eat. What you eat will determine how you feel.
9. Trying to figure out where to start? Switch all your drinks to water
10. Are you tired of hearing about water yet? Get up and grab a glass!
11. Try staying off the scale and measuring a different metric. Use a measuring tape to measure your waist circumference.
12. Where do you find healthy recipes on the internet?
13. Take control of your diet and take control of your life.
14. Do whatever you can. Then do a little bit more.
15. How long has it been since you’ve stretched. Take a break, and stand up and touch your toes!
16. Did you know? Doing anything to change your diet is better than doing nothing at all. Get started today!
17. Can you think of a time you reached a goal? Tell us about it!
18. Do today so you can live tomorrow.
19. Use a calorie tracker like myfitnesspal.com. This can help you make balanced diet decisions!
20. The best way to get clear skin is to make sure you’re well-hydrated.
21. Do you know? The first thing you have to do to succeed is start.
22. What is the best way you’ve found to get a workout in when you’re pressed for time?
23. Staying motivated is the hardest part. Keep yourself connected with other motivated people - whether online or in person - so you don’t give up.
24. Your body needs vitamins, and the vitamins you need are best found in colorful fruits and vegetables.
25. Switching higher-calorie beverages for water can be quick way to jump start weight loss.