

JEN'S TOP TEN

Ways to Get Healthy & Stay on Track

www.JenuineNutrition.com

DRINK MORE WATER

- 1 Our bodies are made up of over 70% of water so it's important to stay hydrated. *Divide your weight by 2 and that's the ~ amount of oz. you should be drinking per day.*

MEAL PREP & BROWN BAG

- 2 Prepping your meals ahead saves you time, money and your waistline as you have control over the quality of ingredients you're consuming.

SHOP ON THE OUTSIDE

- 3 Items with a shorter shelf life are better for you & are found on the outside perimeter of the grocery store (fresh produce, meats & dairy). While more processed foods are found in the middle.

TASTE THE RAINBOW

- 4 Eating a variety of fruits and veggies from the color spectrum ensures you're getting an array of beneficial vitamins & minerals most are lacking.

SWITCH PLATES

- 5 Portion control is key when wanting to get & stay healthy. Eat your meals on a salad plate instead of a dinner plate to keep your portions in check.

KEEP A FOOD JOURNAL

- 6 Keeping track of your daily meals helps you become more aware and accountable of what you're consuming.

LIMIT ALCOHOL

- 7 Alcohol is full of empty calories and while wine has some health benefits, it's best to keep alcoholic beverages to a minimum.

SCHEDULE WORKOUTS

- 8 Schedule your workouts like you schedule your meetings. Your health is a priority right? Health is Wealth!

BRING A BUDDY

- 9 Seek out a friend, co-worker or family member to help keep each other accountable on your journeys.

LOOK GOOD, FEEL GOOD

- 10 When you look good, you feel good! Take pride in your appearance for a boost in confidence.