

## **Health Advice # 18**



### **Make healthy habits a painless part of your routine**

**Drink water throughout the day**, the all-purpose wonder-substance. It's great for your skin, your digestive system, and circulatory system, and aids in weight loss and cellulite reduction. If you feel fatigued during the day, it's often because you aren't hydrated properly.

**Cut back on the amount of soda and coffee you drink.**

**Replace high-sugar foods with low-sugar versions.**

**Stock up on healthy, portable snacks.** (Ask me about our great Protein Snacks)

**Take the time to plan healthy meals for the week.** This will help you avoid relying on less healthy take-out or fast food choices.

**Purchase Fresh & Frozen fruits and vegetables.** (The fruit is great to add in to our shakes)

**Pack your lunch the night before.** (Ask me about our great products)

**Cook double batches of whatever you're cooking.** (Freeze portions)

**Fit in exercise whenever you can.** Even 20 minutes walking can make a difference in your energy level, plus it gives you time to clear your head.

**Get enough sleep.** By getting enough sleep, you become more efficient during the time you are awake.

You'll be surprised at how little time is involved and how much better you'll feel by integrating all of these habits every day!

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)**

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