



7 HEALTHY TIPS

1. Do 1 Thing! Decide on 1-2 specific diet or health-related goals to set. You will be less overwhelmed and more successful.
- 2 Work on mindfulness. Pay attention to hunger/fullness cues so you eat only when you are truly hungry. Avoid watching television or using your phone when eating.
3. Do your best to get at least 30 minutes of physical activity each day.
4. Meal preparation will help keep you on track for the week and save you time. Search for “batch cooking” on Pinterest and get cooking!
5. Power up with protein. Choose high-protein snacks such as Greek yogurt (look for one with <6 g. sugar), hard-boiled eggs, chicken or egg salad with light mayo, energy bites, protein bars and almonds (23 nuts is 1 serving). Be careful to watch sugar, cholesterol and fat content of these items.
6. Eliminate or cut down on calories in your drinks. Cutting out sugary beverages can save you hundreds of calories per day. Remember that calories in alcohol count, too!
7. Reward yourself! Non-food rewards are a great way to keep you motivated. Ideas include: purchasing a new water bottle or workout gear, going for a hike, treating yourself to a manicure or buying a new book.

Please email us with questions: MoJo@crouse.org

