

QUICK TIPS

Fueling Your Body



drink plenty of water

Aim to drink half your bodyweight in ounces of water. Weigh 150 pounds? That's 75oz. of water.



eat 3 meals a day

This will help keep your body and mind fueled and help you eat a balanced, nutrient dense menu without the added sugars often found in snacks.



get creative with veggies

It doesn't have to be all salads. Incorporate veggies into smoothies, soups and sauces. Or make healthy, homemade dips like hummus or tzatziki.



choose healthy foods

A well-rounded diet can fuel your body and mind. Aim to make half of each plate you eat fruits and vegetables.



limit processed foods

It's easy to fall into the comfort food trap. Sodium-rich foods, caffeine, and sugar can deplete the body of much needed energy. Learn how to read food labels so you can avoid added sugars. When in doubt, stick to whole foods.



try meal prep

Having healthy foods prepped and ready increases the chances you will actually eat them. Prep healthy snacks, wash and cut veggies for dip and utilize your crockpot for easy weeknight dinners.



try new recipes

We are all doing a lot more cooking at home. Take advantage of the time to try new recipes. Get the whole family involved in choosing recipes and cooking meals. together.