

Healthy Inspirations Volume 2

Use these weekly tips and challenges to help motivate you and achieve your goals.

Week One

Pay attention to your food.

Watching TV or reading the paper while you're having your meals only leads to mindless eating. Make sure the focus is on the food. You'll eat less because your mind won't be occupied with other things.

Week Two

Divide and conquer.

When you're serving dinner, divide your plate into three sections.

- One quarter for a protein
- One quarter for a starch
- Half for vegetables or a healthy salad

Dividing your plate will ensure that you're getting the proper nutrients.

Week Three

Mix up your workout routine.

Over time, our bodies become used to physical patterns. So every once in awhile, you need to change up your usual workout routine. Instead of getting on the elliptical machine then lifting weights, try the rowing machine followed by some Kettlebell exercises. You'll trick your muscles and get a better workout in return.

Week Four

Don't belong to a gym? No problem.

You don't need to have a membership to get a great body or a good workout. The world's largest gym is waiting for you in the great outdoors. Running, biking, swimming, and yoga can all be done outside. Try it today!

Week Five

Write now!

If you're trying to lose weight, you'll see a bigger payoff if you keep track of everything you eat and drink. Take advantage of our GetFIT Nutrition Journal and you'll begin to see what you're consuming day by day. The journal even has a water tracker to make sure you get your eight glasses of water a day.

Week Six

SPF 101

To protect against premature aging and skin cancer, it's important for everyone to wear sunscreen daily. Wearing hats, sunglasses, and tightly-woven clothes will also help protect you from the sun. Even moderate exposure to the sun can cause skin damage, so make sure to protect yourself on cloudy days too. So whether you're mowing the lawn, walking the dog, or strolling on the beach, wear sunblock and reapply often!

Week Seven

Stop stressing.

Coping with daily stress is part of life, but how we manage stress is what makes a difference in our physical and mental health. There are many ways to handle stress at work and in life.

- Get some fresh air or take a walk outside.
- Spend time with the family pet or other animals. They have a way of making you feel better.
- Set aside relaxation time for you and only you!
- Spend more time on your favorite activities, such as reading, listening to music, or watching a movie.

Week Eight

Laughing out loud.

We've heard it before, but laughter can be serious medicine. Whether it's laughing with friends or at a funny movie by yourself, laughter is guaranteed to brighten your mood. And when you're feeling good mentally, you'll feel even better physically.

Week Nine

Schedule time with your doctor.

How long has it been since you went in for a physical exam? It's important for everyone, no matter what age, to visit the doctor at least once a year. Don't be shy. Talk about family history or problems you may be having now because it can save you later on down the road.

Week Ten

Money matters.

Financial stress can leave you feeling down, especially in this tough economy. Make things easier on yourself by watching your budget. Here are a few tips:

- Look for sale items. There's no sense in buying something now when you could get it on sale next week.
- Don't run the air conditioning or heater all day. If it's hot out, shut all blinds to keep the heat outdoors. If it's cold, double the blankets or get the fireplace going.
- Set aside money for savings. It's always good to have a buffer for when you really need it.

Week Eleven

Cleaning up.

If you think you're not burning calories when you're cleaning your house, think again! Household chores, like cleaning floors, gardening, and carrying groceries are all forms of exercise. And the best part is you don't even know you're doing it. Next time you find yourself running after your toddler, just remember that it counts as physical activity.

Week Twelve

Drinking limit

Moderate drinking is fine for some people, but what is considered "moderate"? Drinking in moderation is different for men and women. Ask your doctor what's right for you. Drinking beyond your limitations can lead to serious issues, such as impaired judgment, addiction, and liver problems

Week Thirteen

Be safe at work.

Even if you work in an office environment, there are still safety hazards to be aware of. Keep the following in mind:

- When reaching for something up high, use a step-stool or ladder instead of standing on a chair.
- Always watch for spills in the break room or kitchen.
- Always lift with your legs, not your back!

Week Fourteen

Keep in touch.

Friends and family keep us sane. If it's been a long time since you've spoken to an old friend or family member, pick up the phone. It's a great feeling to catch up with people to see what they're up to or just to talk about the good old times.

Week Fifteen

Take a class.

Learning something new keeps the brain active, so take a class or two and surprise yourself with new-found talents or interests. There's a class out there for almost everything: music lessons, scrap-booking, sports, and languages. Get inspired today.

Week Sixteen

Celebrate!

Reward yourself for getting this far and achieving your goals. Have a massage at the spa, go shopping, or go out for your favorite meal. You've worked hard and you've earned a day of fun and relaxation.