



TARGET TIPS



METABOLISM MATTERS

A small change does not mean an ineffective change. When looking at RMR results, you are given a number of calories that your body burns at rest during the day. After a consultation with the professional administering the test, it ultimately is up to you to choose what those calories are comprised of. Don't overwhelm yourself with a big dramatic diet change, remember that eating habits are meant to be a lifestyle, not a quick fix. Take baby steps to ensure that each good habit has the foundation to stay with you for life, and enjoy the positive benefits of incorporating healthy eating!

5 TIPS TO START EATING HEALTHIER TODAY

When it comes to making positive lifestyle changes, what we eat can be one of the most difficult habits to change-and stick with. A lot of approaches these days involve an overhaul of current habits, and can easily overwhelm you with feeling like you don't know where to start. Here are 5 of our favorite small choices that can allow you to start feeling the benefits of healthy foods, while still easily implementing them without the hassle of drastic meal prep or backlash from family members.

- 1. Add a serving of vegetables to each meal** – We know that vegetables are good for us, but there always seems to be an excuse for why they aren't part of our daily diet. Reality is the only thing standing between us and healthy raw vegetables is a quick trip to the grocery store. Go to the grocery store!
- 2. Keep fruit on hand for a quick, sweet snack** – The next time you are sitting at home watching television, choose to grab a piece of fruit instead of reaching for the chips or popcorn. Just like vegetables, fruit is full of vitamins and nutrients that our body needs and craves.
- 3. Switch from "white" to "wheat"** – Did you know that your body reacts to white bread the same way it reacts to sugar? White bread does not contain a lot of nutrients, and is termed a "simple carbohydrate." On the other hand, wheat bread is what we call a "complex carbohydrate." Our body can get a lot more out of it, and it will make us feel fuller for longer.
- 4. Drink more water & drop the pop** – This is an effort to stop "drinking your calories." Start by going out and getting yourself a water bottle. Fill it up with water at the beginning of the day, and begin by just drinking one bottle a day. When you're used to that, progress to two bottles a day. Our body needs water, and this may help you overcome feeling tired and lethargic. You'll be surprised how much more energized you feel when your body gets exactly what it needs!
- 5. Pack a lunch for work** – This may not be what everyone in the office is doing, but it may just save your life (and your wallet.) It's easy to look at a menu when eating out, and pick whatever "sounds good" without taking into consideration what is really in the dish and how many calories it has. Packing your own lunch gives you an opportunity to throw in those fruits and veggies we talked about, and lets you choose ahead of time instead of allowing a hungry belly to make the decisions.