



HEALTH AND FITNESS

HERE ARE A COUPLE OF FUN THINGS THAT YOU CAN DO DAILY
HAVE FUN AND DON'T OVER EXERT YOURSELF.

“JUMPIN OUT BED BLOOD STARTS PUMPING” BRUSHING TEETH SQUATS. BRUSHING IT CAN TAKE 2 MINUTES TO 5 MINUTES TO DO. YOU CAN DO 2 MINUTES OF SQUATS, LUNGES, OR WALL-SITS. THAT'S BETTER THAN JUST STANDING THERE STARING AT YOURSELF.

DISH PAN HANDS—WASHING DISHES CALF-RAISES. DO YOU HATE WASHING DISHES, OR HATE EXERCISING – IF SO, WHILE STANDING AT THE SINK, DO SOME CALF-RAISES. THAT'S NOT TOO DIFFICULT.

CAN WAIT UNTIL YOUR NEXT TRIP—TRY AN EXTRA “FLIGHT” OF STAIRS. IF YOU HAVE STAIRS IN YOUR HOME, YOU HAVE A GREAT TOOL TO ADD EXERCISE. A COUPLE TIMES A DAY, WHEN YOU ARE HEADED UP (OR DOWN) THE STAIRS TO GET SOMETHING, GO UP AND DOWN ONE EXTRA TIME. PRETTY EASY. OR AN ELEVATOR AT WORK PASS ON IT AND TAKE THE STAIRS.

SO YOU CAN DANCE. WHILE YOU'RE GETTING DRESSED IN THE MORNING, PUT ON SOME MUSIC THAT MAKES YOU WANT TO DANCE. INSTEAD OF WALKING TO THE CLOSET, KITCHEN, BATHROOM – YOU CAN DANCE. YOU CAN DO THIS IN PRIVACY AND IT'S A GREAT WAY TO START THE DAY.

GIRL FRIEND CHAT. WHILE YOU'RE CHATTING ON THE PHONE WITH YOUR FRIENDS AND FAMILY, YOU PROBABLY DON'T WANT TO BE DOING SOMETHING THAT WILL PUT YOU OUT OF BREATH, SO DO SIMPLE STRETCHING, SQUATS, LUNGES, WALL-SITS, OR WHATEVER SIMPLE EXERCISES YOU CAN THINK OF. YOU DON'T HAVE TO JUST SIT THERE WHILE YOU'RE TALKING ON THE PHONE. YOU CAN ACTUALLY MOVE AROUND YA KNOW!

REPLACE THE RECLINER. REPLACE THE RECLINER WITH A STATIONARY BIKE. EVEN IF YOU BIKE SUPER SLOW, IT'LL BE MORE MOVEMENT THAN IF YOU WERE JUST SITTING ON THE COUCH OR RECLINER. AND FIND A COMFY ONE SO YOU'LL ACTUALLY SIT ON IT.

BE CREATIVE! YOU CAN TAKE ALMOST ANY ACTIVITY YOU DO IN YOUR LIFE, AND ADD SOME EXTRA MOVEMENT, FLEXING, AND EXERCISE. JUST START THINKING ABOUT IT. HOW LONG CAN YOU HOLD BOTH YOUR LEGS UP IN THE AIR WHILE SITTING AT YOUR DESK AT WORK?



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NOW LET'S LOOK AT NUTRITION

FILL UP ON FIBRE. "THAT INCLUDES FIBRE-RICH SOURCES, SUCH AS WHOLE GRAINS, FRUITS AND VEGETABLES, WHICH ALL HELP INCREASE SATIETY AND FULLNESS AT EACH MEAL," SAID KHAN.

BE CAUTIOUS ABOUT LIQUID CALORIES. "THAT MEANS LIMIT JUICES AND HIGH-CALORIE COFFEE DRINKS," SHE SAID. "INSTEAD, TRY SWAPPING OUT YOUR REGULAR GLASS OF O.J. FOR ANY WHOLE PIECE OF FRUIT."

STAY HYDRATED. "NOT ONLY IS WATER IMPORTANT IN DELIVERING NUTRIENTS, IT ALSO PLAYS AN IMPORTANT ROLE IN WEIGHT LOSS," SAID KHAN. OFTEN TIMES, HUNGER IS CONFUSED WITH THIRST, SO STAYING HYDRATED WILL KEEP YOU FROM CRAVING EXTRA CALORIES.

PRACTICE SMART SNACKING. "EATING EVERY THREE TO FOUR HOURS FUELS YOUR METABOLISM AND PREVENTS YOU FROM OVEREATING AT MEALS," SHE SAID. "THE BEST COMBO: ALWAYS INCLUDE A PORTION OF CARBS AND PROTEIN WITH EACH SNACK, SUCH AS TRAIL MIX OR LOW-FAT CHEESE WITH WHOLE-GRAIN CRACKERS."

AIM FOR VARIETY. "CHANGING YOUR FOOD EACH WEEK WILL HELP YOU STAY MOTIVATED," SHE SAID. "EATING THE SAME FOODS OVER AND OVER AGAIN CAUSES BOREDOM, WHICH MAY LEAD TO QUITTING YOUR WEIGHT LOSS EFFORTS SOONER THAN EXPECTED."