



MY New Years Resolutions For YOU.

*Be mindful of these things from the start of 2019 and will serve you well to keeping you on track to obtaining your health goals for the year!!*

- 1) Eat MUCH LESS sugar. Check the back of all of the products you buy and check the back panel. Physically start picking up alternative products to compare the nutritional labelling.



- 2) Eat MORE FRESH and UNPROCESSED FOOD... The less processed the food, the more good nutrients can be absorbed.



3)

3) Actively decrease any EXTRA SALT from your daily intake...

Aside from the cardiac benefits and blood pressure benefits that come with decreasing added salt, it also stops your bones from becoming porous (porous bones are weak bones).



4) Get educated on how alcohol works on the body and don't listen to the marketing techniques that suggest alcohol can be healthier for you. The higher the percentage the worse alcohol is for you. This includes low carb beer options.



5) And just simply GET MOVING." Aim for moving twice more time than that of you keeping still.."

