
WELLNESS

Excerpted from Total Body Diet for Dummies by Victoria Shanta Retelny, RDN, LDN

Staying Motivated:

- Clear your pantry, fridge and freezer of foods with a lot of sugar, fat and salt.
- Add healthful foods into your day, such as whole grains, fruits, vegetables and lean proteins.
- Factor in fiber with vegetables, fruits, whole grains, nuts, seeds, beans, peas and lentils.
- Color your health happy by planning at least one meatless day into your week.
- Slow down your eating by taking at least 20 minutes to eat breakfast, lunch and dinner (it takes 20 minutes to feel fullness).
- Forge ahead — don't let a bump in the road of your healthy lifestyle get you down. Keep your goals at the top of your mind and move forward.

Try These Tips Today:

- Set one realistic health and wellness goal today (don't promise yourself too much!).
- Be kind and pay yourself a compliment today.
- Do 12 sit-ups, push-ups and planks today (repeat 3 times).
- Sit less today — stand while working with a standing desk, pace during conference calls and walk at lunchtime.

