Ten Quick Start Tips to Get Going

You have decided to take the first steps in your personal change by signing up for our tip sheet. Congratulations on taking a step towards transformation for your mind and body. It will be difficult to break old habits and start new ones but that is what our buddy system is here for. Take a look at these tips, post them on your refrigerator and remind yourself each day that you are on a mission to wellness.

- Stop eating at least two hours before going to bed. It takes our bodies two to three hours to process food and you don't want food sitting on your stomach all night
- Drínk 12 oz of water first thing in the morning.
 This will help get the body systems going again and will a little lemon will help clean the liver.
- 3. Kill your excuses. If you are going to start, you just have to make up your mind to do it and put it on the schedule to get it done.
- 4. Add more fruits and veggies into your diet. They provide enzymes our body needs and the food is alive with energy. Just peel and orange and see and smell the power explode into the air
- 5. Eat less white sugars, rice and flours. The reason... they have been stripped of their nutrients, which is why we eat in the first place. Food has purpose internally.
- 6. Make time to relax your mind. Long-term stress can cause weight gain and can cause hard to the body
- F. Get a good nights sleep. Studies have shown that sleep depravation can harm the healthiest individuals so get plenty of it
- 8. Turn off the television and turn on the radio. Instead of sitting down watching television, listen to an upbeat tune and dance a little to burn calories.
- 9. Watch your salt.

Salt makes your body retain water. High blood pressure meds often have a diuretic in them to remove water from the body

10. Eat more!

Eat little meals all day and your metabolism gets a boost.

For more great tips offered through our website and whole online community, be sure to go back and sign up for an online profile. That is an excellent way to track your progress, get recipe guides and enter to win big cash prizes.