



Eat lots of fish.

Eat nuts.

Eat lots of fruits & vegetables.

Eat eggs, yolk and all.

Eat protein-rich foods.

Eat whole grains: wild rice, quinoa, brown rice, barley, oatmeal, buckwheat, millet, popcorn, whole-grain cereals, whole-wheat breads, pastas & crackers.

Eat real food, not processed food.

When cooking, use these oils for their wealth of health benefits: extra virgin olive oil, corn, coconut, sunflower or palm oil.

Use plenty of herbs and spices when cooking.

Don't overcook or burn meat.

Take a multivitamin.

Take care of your gut. Eat probiotic foods like yogurt and sauerkraut, eat plenty of fiber and take a probiotic supplement.

Drink water. Especially before meals as its proven to help boost the number of calories you burn.

Limit sugar consumption.

Limit sodium in your diet.

Don't drink your calories.

Burn more calories than you eat. If you want to get a detailed look at your calorie intake vs calorie burning, use a fitness tracker (like FitBit or Garmin) to see how many calories you've burned and a complimentary fitness app to keep track of how many you've consumed.

Measure your waist size and track that rather than your weight to get a better understanding of your overall health. Recent studies show that your waist size is a stronger marker of your health than your weight as BMI doesn't account for fat vs. muscle percentage, and excess belly fat is directly linked to heart disease, stroke and type 2 diabetes.

Don't go on a diet. Adopt a healthier lifestyle by focusing on nourishing your body rather than depriving it.

Sleep! People between the ages of 16-60 should get 7-9 hours of sleep and over the age of 65 should get 7-8 hours every night. Avoid bright lights before sleeping to help your mind and body shutdown for a restful night of sleep.

Make self-care a priority by doing something you love daily to de-stress!

Be active! Get moving at a moderate activity level for at least 30 minutes a day. It doesn't have to be 30 consecutive minutes, just 30 minutes total! **Easy ways to increase your activity level:**

- Play with your kids.
- Go for a walk.
- Do a little dance! (9 Minutes of Zumba burns 100 calories!)
- Go for a jog.
- Ride your bike.
- Do some yoga or stretching.
- Get some house work done: ironing, general cleaning, tidying up, sweeping, moping, vacuuming, etc. all burn a surprising amount of calories.
- Garden (19 minutes in your garden burns 100 calories!)
- Wear ankle weights while you grocery shop.
- Play with your dog or other pets.
- Use a work-out app or YouTube videos to get in little work-outs throughout the day or a longer one at the end of the day. (You only need 2 and a half minutes to boost your metabolism and start burning calories!)
- Sit on a stability ball at your desk.
- Go window shopping – or real shopping!
- Get to knitting! 50 Minutes of knitting will burn 100 calories!
- Cook! 30 Minutes of cooking burns 100 calories!
- Go bowling!
- Go for a 2 minute walk every hour.
- Play mini golf!
- Go for a hike or exploring a local park.
- Volunteer with local youth, at an animal shelter, a local food bank or a senior living facility.
- Donate blood!
- Play pool – every couple of games played burns 100 calories!
- Stand for phone calls. Next time the phone rings, stand to answer it and while you're on the call! Even try balancing on one leg for a little extra calorie burn. Then switch which leg you balance on for the next phone call.
- When you're stuck at a stoplight engage your core and abs by sitting straight up, put your hands on the steering wheel at 10 and 2, and breathe your belly button in towards your spine and lower back. Release and repeat focusing on taking deep calming but forceful belly breaths to get a mini-ab workout at every stoplight!
- Fidget more! Bounce a leg, tap fingers on a table, play with rings, etc. While you may annoy your officemates or others around you, you'll be burning calories with every movement!

Just For The Fit Of It

Helpful Guides, Online Resources & Apps

Scan the QR Code to the right of each item to access any of the following.

Just For The Fit Of It Healthy Living Digital Library | Cost: Free

Here you can find a few digital reads and resources to help you live healthier. Currently includes: Harvard School of Public Health Healthy Living Guide, 100 Office Workouts and a humorous Workout At Work Guide.



Meal IQ | Cost: Free

This online meal planner lets you quickly find customized meals/recipes that fit your diet and/or food restrictions, budget, macro nutrition targets and taste preferences. From there you can view and swap out meals and generate a shopping list or shop from the app to online grocery stores.



Eating Well Magazine's Website | Cost: Free

Healthy Recipes you can find, download and save, all without a subscription to the magazine.



Change4Life Food Scanner | Cost: Free

This simple app helps you navigate confusing food labels and directly shows you how much sugar, fat and salt are in packaged food to hopefully help you limit anything that's unhealthy. Simply scan the barcode on a package of food and the app will show you how many cubes of sugar, sachets of salt and lumps of fat are in the food in a visual way.



MyFitnessPal | Cost: Free & Paid with Added Features

Track what you eat daily to see caloric intake and what percentage of what you ate was carbohydrates, fat and protein.



Shopwell | Cost: Free

Helps you buy foods appropriate to what type of healthy lifestyle you're trying to live. It can even help you avoid foods you're allergic too. The app suggests alternatives based on the diet preferences you've set to let you know when you need to make a different food decision. Just tell the app how you're trying to live your life and it will help you get there.



FatSecret | Cost: Free

Food diary for tracking and planning what you're going to eat along with weight tracking and a barcode scanning tool!



Lose It! | Cost: Free

Tell the app a little about yourself and it devises a custom weight loss plan and a calorie budget for you. Using your phone's camera, it recognizes food you're eating and saves you from entering it. The app also breaks things down into every part of nutrition to give you better insight into what you're eating.



Charity Miles | Cost: Free + You Help Charity

Choose a charity, move through all different kinds of methods: running, walking, dancing, biking and more. For every mile you move, you help earn money for the charity you chose.



HabitBull | Cost: Free for 5 Habits, Premium for \$0.99/month

Build healthy habits and break bad ones with fun goal tracking, games, analytics and more.



SworkIt | Cost: Free & Paid for \$2.99/month

A personal trainer in your pocket with varying ability levels and types of workouts.



8Fit | Cost: Limited Free Version or Paid for \$60/year

Fun and varied workouts, healthy & personalized meals, sleep meditation and whole-body health all in one app!



Lifesum | Cost: \$2.92/month

Healthy living simplified to help you reach your health and weight goals through better eating. Food tracking, meal plans, diets and recipes included in the app.



Headspace | Cost: \$69.99/year or \$12.99/month

A mindfulness, de-stressing and mental health app. Touted as being as beneficial as going to therapy.



Noom | Cost: \$199/year or \$59/month

Psychology based approach to mindful eating that is not considered dieting but with proven weight-loss success.



Visit the Employees page on the website for more healthy living guides & resources!