

# HEART SMART

*Newsletter*



**2013 can be your Strongest & Healthiest year, with these quick & easy tips**

## Cut out Processed Foods



There is absolutely no reason why junk should be fueling your body. Processed foods are loaded with sodium and preservatives which offer zero nutrition for your body. Short on time? Learn to plan in advance. Use weekends to grocery shop and prepare long lasting bulk foods, like stir fry, that can be taken to work during the week. Snack on high fiber foods like apples or pears. Both give the sweet, crunchy taste we crave.

## Portion Control

If your portion size is too high, you may be doubling your calories. Learn to read a nutrition label. Often we are eating two or three times what the actual serving size is. This is especially true for pasta and cereal! The average person eats 3 servings of pasta at a meal! The more you know the less you eat.



## Give YOURSELF a TIME OUT



Take time out of the day just for you. Do something that calms your body and mind, whether it's a hot bath, reading a magazine, or walking the dog. We only have so much of ourselves to give others, the more time you put aside for yourself the more energy you'll have for family, work, and friends. Give yourself the gift of a time out everyday!

## MOVE YOUR BODY

20 minutes a day, everyday is all you need to look and feel strong and healthy. Figure out what time of day you can consistently make a commitment to and do something. Go outside for a walk, take a yoga class, train for a 5K. Everyone has time to give 20 minutes! Think how much time you spend watching TV-do jumping jacks during commercials for a great cardio burn.

