

SELF CARE ISN'T SELFISH

Are you among the many that gained “The Covid 19” during the past year?

For many, 2020 was a tough year, both physically and mentally. The stress and inactivity took its toll on our health but in 2021, it's time to fight back! It's time to get into a consistent workout routine, improve our diet, and feel our best.

The foods you eat effect your overall health, weight loss, and energy. You may have heard being successful is 80% diet and 20% workouts. Workouts make up a small percentage of your days. While workouts can greatly impact your mood and fitness, etc., what happens outside the gym is more important in reaching your goals.

Start by removing the junk food from your home. As you have heard “out of sight, out of mind.” Replace the less nutritious snacks with nutrient-rich foods such as nuts, fruits and veggies. Drinking more water can help us feel fuller and help us from overeating. Water also replaces high sugar, high calorie drinks.

Meal plan and prep for the week. Meal prepping can get you out the door faster instead of scrambling to find breakfast or lunch for the day, along with grabbing more nutritious foods instead of bad foods. Prep meals weekly and portion in smaller containers for a quick and easy grab in the mornings.

Set short-term and long-term goals. This is important and will help you not get discouraged. Be specific in the goals, write them down, and have a timeline, include non-scale victories/goals in your plan.

Have a support system. When it comes to changing your lifestyle, having a group or an individual who will support and hold you accountable goes a long way. Don't sabotage your hard work on the weekends. Doing this makes you lose momentum and can take you out of the swing of things. Include the weekends into your weekly meal and exercise planning.

Celebrate the small wins. Whether you have replaced soda with water or worked out extra this week, celebrate it. Keep reaching towards your goals and making progress.

Selfcare is not selfish.

Ready to get your health and fitness goals started?