

HEALTHFUL TIPS

It All Adds Up

Losing and maintaining weight is often all about the things you can't have. Forget denial—instead of focusing on what you need to remove from your diet and lifestyle, look at what you can add to improve your health and well-being.

Add in healthy treats that you really love. Find ways to create your favorite sweets without adding sugar; eat fresh fruits; make pizza with cauliflower crust, chicken crust, low carb tortillas or thin crust—add healthy topping.

Add in more activities that involve movement. Instead of meeting friends for dinner or drinks—go to the zoo, take a nature hike, or try out cardio drumming.

Add in movement while your kids are at their practices. Keep your walking shoes in the car, lace them up, and then take a walk while they practice.

Add in volunteering. Not only will you get a deep sense of satisfaction for spending your time helping others, you'll cut down on boredom eating.

Add in extra sleep time. Shut off the electronics and give yourself 7-9 hours to sleep each night. You'll lower stress hormones and food cravings. A lack of sleep can lead to weight gain.

Add in regular walks. This is the time of year—longer days and warmer weather—to get out and enjoy nature. Take a walk through your neighborhood to look for flowers blooming and check out your neighbor's new projects.

Add some deliciousness to your water by infusing with fresh fruits, vegetables and herbs.

Add in fiber-rich vegetables to your meals and snacks. They are full of immunity-boosting antioxidants and regularity-promoting fiber.



Add in breaks from sedentary activities—working at a desk, watching TV, driving or riding in a car, reading, and computer time. Set a timer or use an app to remind yourself to get up and move every hour. Lift some light weights, walk for 5 minutes, or do chair exercises. Long periods of sitting are hard on our bodies.

Add in a routine specifically devoted to counting your blessings. Approaching life with an attitude of gratitude can enhance your appreciation and joy.

Add in time to just be—time to gaze at the stars, watch a sunrise or sunset, listen to the birds chirping, relax in a hot tub, or soothe with music.

Most of us don't mind doing what
WE OUGHT TO DO
when it doesn't interfere with what
WE WANT TO DO,
but it takes
DISCIPLINE and **MATURITY**
to do what we ought to do
whether we want to or not.
Joseph B. Wirthlin
