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COUNT ME IN



1. GET HEALTHY

Over a million people searched this from January to October in 2016! So it looks like everyone wants to get healthy with this being the top searched New Year's resolution. It can be really tough to start getting healthy and even tougher to maintain it. Here are some tips on how to get healthy in 2017:

- **Plan your exercise schedule** – It's hard enough to work out consistently and even more so when you don't plan it out in advance. Our busy lifestyle often gets in the way, so make the extra step to commit to your fitness by blocking out times in your calendar for your workout.
- **Practice meal prep** – When you prep your meals in advance, you tend to eat healthier. It also saves time and money when you meal prep. Get ideas and tips on meal prep from the Daily Burn.
- **Snack healthy** – If you love to snack like I do, make it a healthy one! Instead of reaching for chips or candy bars, opt for nuts, dried fruit, vegetables, protein bars, popcorn, rye toast, soy crisps, or oatmeal!

TELL YOUR FRIENDS:

