

## Wellness Program

Simple steps we can take:

**Bring healthy snacks to class and dances,** such as fruit & veggies with fat free dips, angel food cake, low salt / low fat popcorn.

**Walk 10 minutes twice a day.** If you already walk add another 10 minutes of another activity. If you don't have a place to walk or don't want to walk outside consider going to the mall. Walk through the mall first, then go back to do your shopping.

**Avoid salt.** Not only does salt make you retain water, it increases your blood pressure and contributes to insomnia. Use more spices, onions and garlic.

**Avoid alcohol and soda.** Two 12 packs of regular soda or beer is equal to one pound of body weight. Diet soda is high in sodium, regular soda is high in sugar.

**Discipline yourself, but don't deprive yourself.** If you deprive yourself of the things you love you're less likely to be successful. Try to eat smaller portions of high fat, high calorie foods. It takes two tips of dancing to burn off a candy bar.

**Don't fast.** By starving yourself you may lose weight, but you're sure to put it back on as soon as you start eating again. You burn fewer calories when you're fasting than you do when you eat normally.

**Drink 8 glasses of water\*\* every day.** That's at least two quarts. Fill up a 2 liter bottle every morning and drink from it all day. \*\*WATER, not other liquids they don't count.

**Trim the fat off any meat** you eat, avoid bacon, and sausage. A serving of red meat is about the size of a deck of cards.