

3 Steps to a Healthier Life

Three important steps to more energy and faster results on your health journey.

1.) When you first wake in the morning drink 16 ounces of water or water with a teaspoon of apple cider vinegar or water with half a lemon. Drinking water first thing in the morning is one of the best things you can do for your body. Not only has it been shown to improve nutrient absorption, increase the production of new blood and muscle cells, and get rid of toxins from your body... it can also increase your metabolism.

2.) MOVE! Even if it is as simple as a 10 minute exercise routine in the morning it makes a huge difference. Why? Besides the fact that it will wake you up, it will also give you energy for your day and boost your metabolism. After you do a short workout, your body is going to be feeling good and awake. And the endorphins in your body are going to be surging helping you to feel amazing!

3.) Your first meal of the day is the most important. If you start your day eating junk you are most likely to eat junk the rest of the day. Start your day with a good healthy and balanced meal and you will have a better chance sticking with your diet that day. Your first meal should be higher in protein, higher in healthier fats, and lower in carbs. This will extend your fat burning for longer.