Healthy Tips

1. **Add, Don’t Subtract**
   Focusing on taking foods that you love out of your diet can be discouraging. Instead, focus on adding in fruits and veggies. These will soon replace the unhealthier foods.

2. **Stay Hydrated**
   Drinking water is the first step in eating healthier. Your body is better at breaking down foods when it is well hydrated. Plus it will partially suppress appetite.

3. **Skip the Soda**
   Soda and other artificially flavored beverages are packed with sugar and lack nutrients that your body needs. Water is best for hydrating your body.

4. **Avoid Eliminating Food-Groups**
   Unless it is a medical concern or allergy, don’t eliminate a whole food-group (like carbs/fats) because of a diet. These diets are not sustainable and often backfire.

5. **Think Balance**
   Nobody is perfect. It’s okay to eat a little unhealthy here and there! But, try to maintain an overall balance so you neither starve or binge.

Eat Healthier!

Call (607)737-2028 x 73483 for the code to the stairs.