

Additional Resources



MyFitnessPal.com

Download the MyFitness Pal app for your smartphone and track your daily calorie intake and exercise!



Skinnytaste.com

Delicious healthy recipes the whole family can enjoy!

We're Social!

Connect with us, anytime, anywhere.



"If you do not change direction, you may end up where you are heading."

-Lao Tzu

Finding the Time

Some of us have the discipline to make it to the gym 3 to 5 times a week, or complete exercises on our own as part of our daily routine. But for those of us who don't have the time or perhaps struggle with the motivation, there are small things we can do throughout the day to help improve our overall health and fitness. Consider the following:

1. The next time you and a co-worker need to discuss a project, consider having a "walking meeting" outside (weather permitting). "Walking meetings" are great for small group meetings too!
2. Make it a point at least once an hour to stand up from your desk and take a quick stroll around the offices. Any movement you can incorporate into your day is a good thing!
3. For a designated period during the day, replace your office chair with a stability ball to practice strengthening your core.
4. Before going out to eat, check out the menu online. Many restaurants now provide health information on the dishes they serve. Order mindfully. While salads may seem like a safe bet, be aware that some dressings are worth hundreds of calories!
5. Keep a supply of healthy, low-calorie snacks near your desk. Friendly tip: Almonds are a great source of Vitamin E and can also help curb your appetite.

For more guidance on incorporating healthy habits into your daily routine, call Ulliance and speak with a Life Advisor Consultant today. It's free and confidential!