

## Healthy Habits Checklist

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Manage your weight and health by creating daily habits that support your goals.

**I ATE 3 MEALS TODAY**

Skipping meals can slow down your metabolism *and* cause you to be starving later, which can ultimately lead to overeating or making poorer choices than you would have otherwise.

**I AVOIDED ADDED SUGAR AND ARTIFICIAL SWEETENERS TODAY**

Overconsumption of added sweeteners is linked to a laundry list of negative health effects including diabetes, obesity, cardiovascular disease, and cancer. Surges in blood glucose and insulin levels can wreak havoc on the body—resulting in fatigue, brain fog, and irritability.

**I ATE HOME-COOKED MEALS TODAY**

Wholesome, home-cooked dinners take only about ten minutes longer to prepare, on average, than serving heavily processed food, ready-made meals, take-out, or restaurant meals. And if you make enough for leftovers, you'll save time in the long run.

**I ATE VEGGIES AND/OR FRUIT WITH EVERY MEAL TODAY**

Vegetables and fruits provide you with important vitamins, minerals, and fiber. They have very few calories and will help fill you up at meals.

**I SIPPED WATER THROUGHOUT THE DAY TO QUENCH MY THIRST**

As a general guideline, aim for 6 – 8 (8-oz) glasses of water per day. However, let your thirst be your guide. Quenching your thirst by sipping throughout the day is the best way to stay well hydrated. Skip the soda and other sweetened beverages.

**I GOT AT LEAST 7 HOURS OF QUALITY SLEEP LAST NIGHT**

Getting quality sleep on a regular basis can help improve all sorts of issues, from your blood sugar to your waistline. Aim for 7-8 hours of sleep each night for maximum health benefits.

**I EXERCISED MY BODY TODAY**

Exercising regularly, every day if possible, is the single most important thing you can do for your health. In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers.

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Need support getting to your personal best weight and optimal health? I'd be happy to help.

To learn more about my nutrition and health coaching services, please get in touch.

Call me @ **732-494-1149** or go to [www.njnutritionist.com](http://www.njnutritionist.com). I look forward to hearing from you.

Lorraine Matthews-Antosiewicz, MS, RD / nutritionist