

TWC Wellness Workshop

Eating Healthy On The GO

Best Fast Food Choices:

- Quiznos/ Subway/ Deli
- Panera Bread -Chipotle

Second Best:

- McDonald's/ BK/ Wendy's

Steer Clear:

- Taco Bell
- Fish Fry/ Long John Silver's

← Does not mean that everything on the menu is healthy!! You still need to make good choices!!
←

Invest in a cooler large enough to fit lunch and snacks. Examples:

- sandwiches: PBJ, deli & leftover meat, tuna, etc.
- salads: NOT chicken, macaroni, or potato!
- fruit
- nut and seed trail mix
- whole wheat crackers
- cut-up veggies and dip
- yogurt
- string cheese
- cereal and milk

Eating Healthy IS Affordable!

Navigate The Foodstore:

- *Stick to the perimeter of the store where the fresh foods are: produce, breads, dairy, eggs, and meat.
- *The inner isles = processed foods. Limit your shopping in these areas to the basics.

The most expensive foods = ready to eat foods.

- hot meals, pre-cut veggies, pre-made salads, sandwiches, etc.

The cheapest foods =(usually) the least healthy.

- candy, chips, fast-food, soda, pastries, etc.

*Make a list and stick to it!

- Eat a meal before you go shopping.

*BEST way to cut the food bill:

Reduce your intake of meat!

- Have a vegetarian night (or 2) every week
- Alternatives: beans, veggie burgers, nuts, tofu, hummus, and quinoa.

*You'll get much more nutrition for hundreds of dollars less.

Exercise

20 min./day, 5-6 days/week

Set a goal

- make it measurable: how many pounds? How many inches? What pant size?
- make it realistic: short term and long term.

How to reach it

- find something you ENJOY
- experiment with new activities
- make it easy: keep your equipment free of clutter and easy to reach.

How to get the best results

- resistance: weights or bands
- HIIT: "high intensity interval training"
ex: jog 1 block, walk 3 blocks, repeat.

Motivation

Find a PURPOSE: Add emotional charge to your goals. Give your goal a meaning beyond vanity, such as health and family.

Get SUPPORT: Ask friends and family to either join you, or support your journey.

Be ACCOUNTABLE: Write everything down and then have someone look at it!

CONVINCE YOURSELF: Give up the excuses!

Put on your WORKOUT CLOTHES: Sometimes just doing this one thing will get you going.

Make it EASY: Don't make yourself work in order to work.

Make it FUN!!!

If you have any questions, do not hesitate to ask!!

Contact our Wellness Intern, Bianca Camacho – bianca.camacho28@gmail.com