

# Wellness Tidbits



## EAT YOUR WAY TO A HEALTHIER WEIGHT

Are you carrying around a few extra unwanted pounds? Losing weight is not easy and it seems the older we get, the harder it is to budge the scale. The good news is, we don't have to completely overhaul our eating habits in order to see results. Just a few small adjustments can lead to big changes!

### Start with a protein-packed breakfast.

Most breakfast options tend to be high in simple carbohydrates, sugar, or both and some people skip the most important meal of the day altogether! Aim to start your day with a breakfast rich in protein for higher energy levels that carry you until lunchtime.

### Increase your water consumption.

Oftentimes our body confuses thirst for hunger or fatigue. Try drinking a glass of water before each meal and snack to help avoid overeating.

### Make fruits and veggies a priority.

Start each meal with a foundation of fruits and veggies. Not only do they provide much needed nutrients, they also help to fill you up leaving less room for higher calorie portions. Aim for half of your plate to be fruits and veggies, a quarter to be protein and the remaining quarter carbohydrates.

## Join the Monthly TSHBP Fitbit® Challenge!

### How to Play

- 1) Read this article: <https://bit.ly/2VW9ZcX>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

### Question

- Numerous studies link eating fruits & vegetables with \_\_\_\_.
- A) Protection against cancer
  - B) Lower risk of cardiovascular disease
  - C) Lower risk of type 2 diabetes
  - D) All of the above

**ANSWER FITBIT®  
CHALLENGE HERE!**

