

Lunch Packing Tips



Ball Jar Salad

1. Salad Dressing at the bottom
2. Hard veggies (carrots/mushrooms/kale)
3. Salad base-spring mix or spinach
4. Protein Source-turkey, beans, tuna or egg
5. Light toppings-craisins, croutons, nuts, sunflower seeds

Snack Ideas

It is important to have snacks on hand-eating every 3 hours keeps your mind and body healthy and well fueled. Remember to stay hydrated and drink WATER!

The Keys to a healthy snack: **Carbohydrate & Protein**

Apple & Peanut Butter

Greek Yogurt and fruit

Half a turkey sandwich

Hard-boiled egg & toast

Exercise Tips

Aim for 30-90 minutes of exercise daily. Remember that it can be broken up throughout the day. *For example:* try going for a walk before dinner, after breakfast or during your lunch break.

- Play tennis after supper
- Take the dog for a walk
- Go for an evening bike ride
- Take a jog to the river
- Walk to the grocery store instead of driving



The World is Your Gym

You don't necessarily need a gym to stay toned. Try some of these easy tips

- Do bicep curls with milk jugs
- Do push-ups, squats and lunges in the morning and before you go to bed
 - Do calf raises when you're waiting in line or styling your hair
 - Sit up straight and focus on posture for strong abdominals
- Always use the stairs*-find a reason to run up and down them more!
- Walking outside, going for a jog and riding your bike is better than a treadmill