

Healthy Habits



Start NOW!

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healthy living
in twin creeks

Now? Like in the middle of the busiest, most stressful, most wonderful time of the year? Yes! Stay with me...

What if once a week, for the next eight weeks, you made one change that would add up to more energy, better health, and even glowing skin by January 1? Make a decision to be intentional—at least for a few minutes a day—and watch what happens!

Some ideas!

Commit to cooking and eating at home

as much as possible

Drink ½ of your body weight in ounces of water. (65 ounces/day for a 130-pound woman.)

Set your alarm for half an hour earlier to mentally prepare and set the tone for the day.

Wash your face before bed every night.

Makeup residue and environmental factors

actually contribute to aging skin.

Every time you reach for a snack, make sure that protein is part of the combo. Simple examples include cheese and whole grain crackers; hummus and carrots; celery and peanut butter; ½ turkey sandwich on whole grain bread; apple dipped in almond

butter; a small handful of nuts; or a cup of bean soup.
Get your heart rate up for 30 minutes every day.

Eat before a party (see ideas above). Don't show up ravenous. You'll overdo it.

Exfoliate your skin three times a week. Swap your afternoon latte for green tea. Taste the decadent items at a party, but just take a bite or a small sliver. You won't feel deprived, but you'll still save a ton of calories.

Build in one change, stick to it and then add another. Soon you won't remember a time when they weren't part of your lifestyle. Here's to thriving during this busy and wondrous season!

For more tips and tricks on nutrition and skin care, follow @RadiantChickpea on Facebook and Instagram!

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