



Healthy Grease Monkey
Choices Matter

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Congratulations!

You've made the commitment to begin improving your health & energy levels!

**Here are a few ideas for you to begin,
while you are waiting for those supplies to arrive!**

1. Begin keeping a journal of everything you eat AND drink! — Sometimes we don't even realize how much we are taking in!
2. Start drinking more water—ideally 1 ounce of water for every 2 pounds of weight. (# pounds/2 = how many ounces you should be drinking daily) — This allows us to begin eliminating toxins in our system to allow for faster fat burning!
3. Cut back on your sugar intake — sodas, highly processed carbohydrates, white sugar.
4. Increase your fiber content — more raw vegetables, and use products with higher fiber contents—look at the labels!
5. STOP all artificial sweeteners!
6. Increase your activity—even if it's just adding a short walk after dinner — Get moving! Bike riding is included in this! ☺
7. CONGRATULATE YOURSELF! You are doing something to make your life better and you are setting a great example for our youth!

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