



**Top FIVE Fitness Tips
You Need to do Daily!**

1. Drink a gallon of water every day with lemon. Why?

There are a ton of benefits to drinking it. First of all it balances your PH. Then it also fights cancer with 22 anti-cancer compounds, including flavonoid glycosides which stop cell division in cancer cells. It boosts your immune system with lots of vitamin C to prevent flu and colds. My personal favorite it decreases wrinkles and blemishes. Again the vitamin C helps neutralize free radicals linked to aging and skin diseases. It is perfect for weight loss as a few drops added to hot water should clear the digestive system and purify your liver as well.

2. Eat Protein with every meal. Why?

It is great for weight control as it is more satisfying than carbohydrates or fats. Having a diet higher in protein and moderate fats and carbohydrates helps preserve muscle mass and encourages fat burning while keeping you feeling full. Try to get in your weight in protein grams for the day.

3. Get in your greens (veggies are your friend) Why?

You want to get your greens in every day. There is not another food group that is matched to our everyday human needs. They are low in calories so it is actually very difficult to gain weight from overeating them. Optimal nutrition is another reason to eat them daily. Vegetables are loaded with vitamins that we cannot get from anywhere else.

4. Eliminate sugar from your lifestyle. Why?

There are a millions reasons why but I will name about 10 of them. First of all it will rot your teeth. And most of us know cavities are no fun and are very expensive. It provides "empty calories" with no nutritional value. Sugar contributes to obesity. It can also create the urge to binge. It raises your blood sugar

levels and contributes to diabetes. Sugar robs you of your energy and can suppress your immune system. It has been known to cause arthritis and contributes to eczema. Plain and simple just ditch the sugar.

5. **Get up and MOVE** - you only have one life to live, so live it! Why? Well you know why and I can't stress it enough. Simply put, our bodies were not made to sit all day. Sitting for long periods of time, even with exercise has a negative effect on your health. You can do simple things to keep your body moving. Park near the back of a parking lot. Stand up and walk to the other side of the office instead of rolling your chair. Take the scenic route in the office to get to the bathroom. Take the stairs instead of the elevator. Since I work from home I make a conscious effort every day to go up and down my stairs and get up and stretch or do a few pushups or squats throughout the day. You don't need a gym to crank out a few exercises.

BONUS: TWO of my favorite PROTEIN packed easy recipes!!

Chickpea Salad recipe

1 or 2 cans Chickpeas (drained)

Cucumber (diced)

Radishes (sliced)

Broccoli (cut up)

Red and Yellow Peppers (diced)

Black olives

Parsley and/or Mint (chopped)

Combine everything in a large bowl. (you can modify and add whatever you like)

Add a splash of Apple Cider Vinegar, Olive oil and Lemon juice. Maybe a splash of light Italian dressing if you like.

Mix to coat and let sit for a few hours or overnight.

Italian Turkey stuffed Peppers

Ingredients: 2 lbs Ground turkey 2 ½ cups Organic natural Spaghetti sauce 1 tsp Italian seasoning 2 tsp Garlic powder, 2 cups Fresh spinach chopped 3 Tbs Parmesan cheese for garnish 6 Bell peppers (assorted colors).

Directions Preheat oven to 450 degrees. Line baking sheet with foil. Wash, cut off top and remove seeds and ribs. Set peppers on baking sheet pan. Cook ground turkey in a large non-stick skillet over medium-high heat, break up while cooking. When turkey is almost completely done, add the sauce and seasoning and stir until mixed thoroughly. When meat is completely cooked add spinach to meat and stir until combined. Scoop meat mixture into peppers Sprinkle with parmesan cheese and bake for 20-30 mins. Remove from oven and let cool slightly before serving.

For filling for 4 peppers, divide this recipe in half.

And if you want a [Great Grilling Guide](#), check this out:

<http://getleanglutenfree.com/glgf-grill/>

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