



**Tip 1:** Cut out liquid calories. Juices, alcohol, and yes, those precious little red cups of mocha peppermint gingerbread delight.

**Tip 2:** Don't set unrealistic expectations!

**Tip 3:** Something green and leafy. The more the better! Whether this is a salad at lunch, broccoli with dinner, bell peppers with hummus as a snack; just make it a goal to incorporate a veggie.

## Weekly Exercise: Side Bends



### **Exercise Instructions:**

- 1.) Hold a water bottle with both hands and stretch it up over the head, arms straight.
- 2.) Gently bend towards the left as far as you can, contracting the abs.
- 3.) Come back to center and repeat to the right. Complete 10 reps (bending to the right and left is one rep).

*\*For more wellness tips and activities, visit <http://livewellshinebright.methodisthealthsystem.org>*