

NEW YEAR'S SIMPLE HEALTHY GAMEPLAN

3 RESOLUTIONS YOU CAN KEEP

1. **Set realistic goals and reward yourself.** For example, start with short term goals like “exercise 3 times this week” or “make vegetables the primary thing I eat today.” Then move to monthly goals that may include weight loss or body fat percentage. For every little achievement, give yourself a healthy reward, like a walk on the beach, or eat out at a healthy restaurant.
2. **Adopt a learning attitude.** Be aware of health and fitness sources online and in magazines. Begin to seek new information that pertains to you. Amaze your friends with new-found knowledge, then put it into practice.
3. **Stay connected with God and others.** Developing an ongoing awareness of God’s presence in your life may be the most rewarding thing about being on The Daniel Plan! Also, don’t try to make a bunch of change on your own. Stay connected through www.danielplan.com and with a small group of family or friends who will support each other.

HEALTHY FOOD STAPLES

1. Fresh and frozen vegetables: Broccoli, spinach, snow peas, carrots, red peppers, corn, peas, onion
2. Fresh and frozen fruit: apples, grapes, Cuties, berries
3. Dips for veggies like hummus, salsa
4. Lean meats: 0-3 grams of fat per ounce.
5. Green leafy salads and vinegar-based dressings
6. Steamed cut oats
7. Protein powder
8. Almonds - raw
9. Eggs
10. Beans
11. Stevia for sweetener
12. Quinoa
13. Chia seeds
14. Tamari sauce, Tapatio
15. Fresh or minced garlic

TOP 10 TIPS/TOOLS FOR HEALTHY LIVING

1. Running shoes
2. Exercise gear (shorts, t-shirts, towels)
3. Mp3 player, i.e. iPod
4. Exercise mat
5. Fitbit or other tracking device
6. Journal -- Written, online or mobile app to track food, exercise, how you feel
7. Equipment - exercise DVD, jump rope, resistance bands or hand weights
8. Try new classes and/or join a gym that has a variety of offerings
9. Body scale, measuring tape
10. Reusable Containers and a large water bottle you can carry everywhere!

TO-DOS

1. Daily quiet time
2. Eat right
3. Exercise daily
4. Journal
5. Connect with others (small group, friend, family and/or fitness professionals)