

# Kathy Kaehler's Health and Wellness Tips

## **Set realistic goals.**

I have always been against New Year's Resolutions because they typically set you up for failure. We aim too high and set unrealistic goals. Skip the resolutions and start with a simple plan like walking one mile three times a week.

## **Clip on your Fit Meter.**

Make a deal with yourself that you will always take the stairs when you can. It may seem silly, but climbing the stairs instead of taking the elevator will burn more calories, help tone your legs and get your heart rate up. The Fit Meter tracks change in elevation, steps taken and calories burned, so it is the perfect accessory to bring with you when you are climbing those stairs.

## **Eat Smarter.**

Challenge yourself to eating one meal a day that consists of whole foods like fresh fruits and vegetables, as well as lean protein and whole grains. These foods give you loads of nutrition, energy and mental focus.

## **Keep in mind that exercise is cumulative.**

Many of us feel that if we don't make it to the gym for an hour workout, why even bother. The reality is that any time you can get your muscles challenged or your heart rate up, your body is working. Wii Fit U is composed of a variety of activities, all of which can be performed right in the comfort of your own home. This is great for busy families that can't make it to the gym, as it allows them to stay fit and active all year long.

## **Aim for the rainbow every time you eat.**

Look for bright colors to add to your sandwich, soup, salad or snack. Baby tomatoes, orange slices, melon balls, kale chips or baby spinach leaves will add a nutritional punch to whatever you are eating.

## **Stay hydrated.**

Avoid dehydration by boosting your energy with thirst-quenching sips. Fresh-filtered water with flavor infused ice cubes is a great way to encourage more water drinking. Keep a pitcher of water in the fridge and fill ice cube trays with mint leaves, orange or lemon zest and slices of lemon. Fill your glass with the cubes and add your water.

## **Most of us work better with lists.**

When we check off our accomplishments we feel great. Create an exercise/physical activity list each week. Walk a mile, play Wii Fit U, go bowling, perform one minute of pushups, walk the dog, jump rope, etc. These are simple ideas that go a long way in making your week more active.