

# Healthier Me 2020

Natural Medical Solutions Wellness Center

in this issue



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**Food Tips**

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**Healthy New Years resolutions tips**





## **Food to eat to help gain weight:**

- Protein smoothies
- Whole Milk
- Rice/Quinoa
- Red Meat
- Potatoes/Starches
- Whole Grain Bread
- Avocados



## **Food to eat to help lose weight:**

- Leafy greens (kale, spinach)
- Cruciferous veggies (broccoli, cabbage)
- Chicken breast
- Tuna
- Beans/Legumes
- Soups
- Cottage cheese



# **Best ways to keep your resolutions:**

- Focus on one thing- This helps keep you focused and not trying to do everything at once.
- Have an accountability partner- Having someone who knows what you are trying to accomplish makes it easier to stay on track.
- Have small milestones- Instead of focusing on the big picture, which may be overwhelming, take it small chunks at a time.
- Reward yourself- Make sure you are congratulating yourself at every milestone.



**If you want some help meeting your goals,  
Contact Natural Medical Solutions today to  
schedule an appointment.**

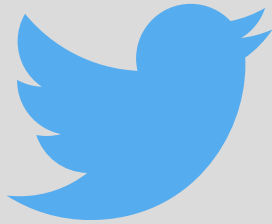
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