Blog Post #1

4 Exercises to Get You Outside

Going to the gym is a great way to get in shape. They have several different pieces of equipment that you can use, plus there are personal trainers that you can get sessions with when you’re there. If you’re using the membership it is worth every penny. When you’re not it is a waste of money.

You don’t have to be in a gym to get the exercise that you need. There are tons of reasons that people don’t go to gyms. Maybe they can’t afford the high cost or it could be they don’t want to be inside to exercise. Many times people that are just starting to exercise again after years of being inactive don’t want to work out in front of others. They are embarrassed.

The gym isn’t for everyone and that is okay because there are other ways to get that exercise you need. One is as simple as going outside it is cheaper, just as effective and fun.

Not sure what types of exercises to do when you get out there? Below are a few things you can do to get fresh air and your work out done:

1.Hiking

Hiking is the perfect way to get in touch with nature while you’re getting exercise. Choosing to hike a nearby hill during your day off is a better means of de-stressing and taking a breather from all your responsibilities than chilling on the couch watching TV. It will make you feel better too.

It is also a cheap and fun date idea. Bring your significant other with you and watch the sunset together.

2. Take an Afternoon Stroll Around Your Neighborhood

In this time most people don’t get to walk around and enjoy their own neighborhood. This is a shame. You moved there for a reason, so get outside when you’ve got a half an hour and just walk.

If you’ve got a half an hour to kill one Sunday afternoon, why not take a stroll around your community. You might even discover hidden restaurants or shops you wouldn't otherwise know about.

3. Opt for Swimming Lessons

Swimming is a way to get your body engaged and lean. Plus swimming is a useful skill to learn – that way during the summer you can go to the lake or river when it’s hot outside.

You can find lessons at your local gym or community center.

4. Go For a Bike Ride

Like swimming, riding a bike is something that most people learn at a young age. However, given various circumstance, not everyone learns to ride.

If you are looking for a means to work out, why not finally give it a shot? Instead of going out and purchasing your own bike, borrow it first. That way you’ll save money in case you don’t like it. It’s a fun way to break a sweat.

Maybe you already know how to ride a bike – great. Get on it and start pedaling. You might remember how fun it was to have the breeze in your hair as you pedal around.

There are tons of outdoor activities that you can start doing today. Not everything costs money. Walking and hiking are at the top of that list. Many cities have paths that you can start exploring.

Blog Post #2

5 Reasons to Make Exercise Important in Your Life

Most people exercise because they have a goal weight they want to achieve. Whether they want to look good during their wedding or they want to impress their high school classmates for a reunion, exercise is usually a by-product of wanting to lose weight.

It is certainly okay to want to lose a couple of inches from your body. The results would be more lasting if you have goals with a deeper meaning than just looking good. Exercise takes commitment and effort. It is certainly not easy. If you are going from sedentary to active, the change might be a little too much for your body to handle.

In order to find the right motivation for your fitness plan, it is smart to understand why exercise is very important in the first place.

Exercise Affects Your Memory

People think that exercise is all about keeping your body healthy. However, physical activity also affects your mind. After a workout, the mind usually performs better since the brain gets more oxygen and energy. Simply put, regularly exercising can help boost and maintain your memory.

It Can Help You De-stress and Can Boost Your Confidence

Obviously, with exercise comes physical change. People who think they look good often have more confidence in themselves. But exercise provides more than just a way to look attractive. It can also be a social activity that gives you a sense of accomplishment.

Plus, it is common knowledge how much stress can wreak havoc on your overall health. While a single workout cannot solve a serious psychological problem, it does help release endorphins, which would in turn make anyone feel better. Exercising once is not a permanent solution but it does help and if done regularly you’ll start to see the benefits more with each time you exercise.

Sleep Better and Have More Energy With Exercise

It makes sense that a little bit of physical exertion would make you tired. This could lead to sleeping soundly at night. Try working out in the morning or earlier in the day for the best results.

A surprising fact about exercise is that it can actually provide you with more energy. It seems counterproductive since physical activity tires you out, but with a little movement in the middle of the day it will help boost your energy.

Exercise Helps Your Body Perform Better

Getting sick is a hassle. You are forced to stay home in bed as opposed to being productive. Exercise is important in keeping your body from breaking down. People who exercise regularly are less likely to get sick.

Physical Activity is the Key to a Happy Life

You might not think you have enough time for exercise, but the simple truth is that being active will give you energy, help you focus and make you feel better.

Blog Post #3:

5 Exercise Day Trips

Weekends are usually the only days people look forward to after a stressful work week. It is time to spend alone to recuperate from your work week or the time to spend with your family. When people think about the weekend it usually involves relaxing and doing nothing. While rest is very important, there are better, more fun and more productive ways to spend your time off instead of binge watching your favorite television series for 48 hours.

Get outside and take your family with you. Being outside helps you in so many different ways. You’ll breathe fresh air and get sun. With the fresh breeze on your face and a spring in your step, there is no reason why you shouldn't make every weekend memorable and healthy.

Are you interested in taking a healthy exercise day trip? There are so many activities that you can participate in. Take a look at the list below and maybe you can find your next weekend activity:

Go to the Farmer's Market

The weekend is often an excuse for people to eat out and spend money. Why not combine the two? If you’ve got a farmer’s market you could go and look at all the booth’s while you pick up some local cuisine.

Or you could make a day out of the going to the market and then come home and cook your own food out of the fresh, local food you found.

It is fun, it is healthy, it is great on the budget and it is the perfect way to have a great day with your family.

Climb a Mountain

Getting in touch with nature is an easy way to leave your responsibilities and your obligations behind. Not only is it a great workout but it is the breather that you need from your busy and stressful work week.

Go online and look for local hiking trails in your area or find a paperback book at a bookstore near you. You’ll find hikes for all skill levels.

Bring your family or a date along for a more meaningful hike!

Take Dancing Lessons

This physical activity is perfect for people who are currently dating. Dancing is an intimate affair you can do with your significant other. It is an effective way to bond and get to know each other. It is also a fun way to get the exercise that you need. You would never feel like you are working out while you are dancing. A definite win-win!

You can find a variety of different styles – swing, hip-hop, country and ballroom are just a few. Don’t quit after trying only one style. Keep going until you find one that you really enjoy.

Take Advantage of Your Local Pool

If you have a pool at your local community center or gym, then it is high time to take advantage of the privileges you are paying for. Instead of binge watching those TV shows, why not take your children to the pool for a little dip. You’ll all have fun and plus you’ll be able to teach them how to swim and make lasting memories!

Play with Your Children

Children nowadays are incredibly engrossed with their consoles, phones, tablets or whatever new technology becomes available. The screen time they are allowed can be anywhere from a half an hour a day to six or seven a day. It is a good idea to remind them that playing outside can also be fun.

How about join them during play time? You might be surprised on how much exercise you’ll get and how fun it is. Try to remember games you played outside to take you back to your childhood memories. Teach them Red Rover, Simon Says or Red Light, Green Light.

Kids have enjoyed these games for years and your kids are no different.

Spending an entire day with your family with the activity based around exercise will teach your children how important physical activity is. It doesn’t have to be a chore. Go for a hike, play at the playground and have a picnic or take your bike up the mountain.

Blog Post #4

Be Adventurous: Try Something New For Your Exercise

Deciding to get regular exercise is probably one of the best things you can do for your health. You’ll soon start to discover all the benefits that come with working out. For some people exercise routines can get repetitive and boring. Driving down to the same gym, doing the same reps and then driving home can get old fast.

You’ll find that there are so many more options to pick from and if this doesn’t sound fun to you – there is something out there that you’ll enjoy. It might take a little research, but it is well worth the time.

Remember exercise does not have to feel like a chore. Take a look at some fun and adventurous ways to get fit below. You can make your workout something that you look forward to.

**Try A Different Form of Yoga**

Yoga is already an alternative form of exercise. However, like with every workout, the same movements and routines can get boring. In fact, the body might eventually get used to the movements, so you’ll need to try new moves to get different muscles to work.

Try another form of this ancient form of physical activity. Certain areas offer paddle boarding yoga, Hot yoga and Bikram yoga. These are all different ways to enjoy yoga that you might not have thought of or heard of before.

**How About Surfing?**

Surfing is often dismissed as an activity tourists do in Hawaii. However, if you are lucky enough to live near a beach, an alcove or even a river, you should consider taking up the sport as your main form of workout. Every wave is different and so it would be hard for you to get bored with surfing.

While the board might be an investment, it is a small price to pay for a workout that is truly enjoyable.

Another activity that is like surfing is wind surfing.

**Have a Bike? Go Mountain Biking**

Biking to and from work is a great form of exercise and it saves money on gas. Get a little adventurous and find a mountain trail to go on during the weekend.

A word of caution: make sure you have the proper equipment for rigorous biking. Otherwise, you might just be setting yourself up for injury – this includes the right type of bike.

**Go on a Nature Hike**

There is nothing like a good long nature walk. You can go by yourself or take your significant other. See the best of nature, bond with the person you love – all while getting the exercise you need. A definite win-win.

When you’re working out it doesn’t have to be the same old exercise routine every day. By trying something new you’ll have different experiences and might meet some really great people in the process. Find an activity you think you’ll enjoy and give it a try.

Blog Post #5

4 Ways To Exercise During the Winter

During the winter you might be less likely to exercise because the weather is cold, wet and possibly snowy. The truth is that this is the time that you need it the most. In some areas Seasonal Affective Disorder is a huge problem. So exercise becomes even more important than during other times of the year.

Trying to get yourself motivated to go out and run in the wet, cold and rainy weather can be difficult. Instead you’ll be tempted to stay inside and forget the workout for today. Don’t do this. Today will turn into tomorrow and before you know it six weeks have gone by without a single exercise.

There are ways to workout and stay fit that you can do during the winter months.

With the ideas below you are sure to get the physical activity you need all while enjoying the wonderful season:

Before Anything Else, Get the Right Mindset

Winter and the holiday season is almost synonymous. Because of the weather and all the festivities, it is no wonder why people make excuses this time around and gain weight.

Make a commitment to yourself that you’ll exercise regularly regardless of the weather.

1.Try an Indoor Sport

Going outside to exercise is an amazing way to keep fit and get some fresh air, but it is not the only way to workout. One simple way would be to workout at home. Try a fitness DVD. You can find yoga, belly dancing, pole dancing, jump rope or stability ball training.

Or find a fun indoor sport that you’ll enjoy. Look in your area for swimming, boxing, martial arts, indoor soccer, mixed martial arts, racquet ball or rock climbing.

2. Take the Stairs

The cold weather makes it easier to move without the risk of sweating. As such, it is high-time you stretch your legs and take the stairs. It is a simple way to get the workout you need without taking too much of your very busy day. Truly a win-win!

3. Indulge in the Cold and Pick Up a Winter Sport

With the winter weather and snow there comes the winter sports. Take one of these up. You could try skiing, ice-skating, snowboarding or hockey. All of these activities are fun so you won’t even notice the workout you’re getting.

Find a winter activity that would be suitable for your skill set and fitness goals. The best part about these types of activities is that they can involve the entire family.

4. Play, Play, Play in the Snow

Some people cannot get enough snow, while others hate the idea of it. For those who enjoy the snow, why not take advantage of it and play with your children in the winter wonderland in your backyard. It costs absolutely nothing, it provides a great work out and it gives you and your children precious memories you can look back on.

Plus who doesn’t love a good snowball fight?

Winter is not an excuse to stop exercising. In fact, you should be making more of an effort to get it done because of the wonderful benefits it provides.

Blog Post #6

4 Benefits of Omega-3 Fatty Acid

Fat is usually thought of as the enemy of weight loss. For years people believed that all types of fat should be taken out of their diet in order to live a healthier life. But recently it has been proven that there are certain types of fat that are actually good for your body and you should incorporate it into your meals. One of the most popular is Omega-3 fatty acid.

Chances are you might have already heard of Omega-3. You’ll find several supplements that have Omega-3 fatty acid and its three types - DHA, EPA and DLA in their products. The reason you’ll find so many products on the market is because this fat is much more than just a marketing gimmick. It is an important factor in keeping your body healthy.

Curious on what benefits omega-3 will provide you. Take a look below and it might just get you to stock up on tuna and Salmon!

Omega-3 Helps Manages Symptoms of Depression and Anxiety

Omega-3, specifically EPA, can help with mental health conditions like depression and anxiety. People who consume greater amounts of this kind of fatty acid are less likely to be depressed and anxious. It will also help reduce the symptoms for those who are already suffering from depression. Many see an improvement following an increase in their intake of food rich in Omega-3.

Omega-3 and Alzheimer's

People who experience depression and anxiety are not the only ones who benefit from adding more omega-3 fatty acid into their diet. In fact, that people who are older in age could use more because by eating more of the omega-3 rich foods it could help slow down mental degradation of a fat.

Not only that, but this type of fatty acid reduces the risk of the development of the Alzheimer's disease. When you eat more fatty acids you have more gray matter in your brain than those who do not eat as much. This is essential to reduce the risk of getting Alzheimer’s.

Treat Asthma with Omega-3

Asthma is one of the most prevalent chronic diseases children suffer from today. Some children can outgrow this as they get older, but during having asthma during the time when you’ve got the most energy can be hard. Being afraid to get too much exercise for fear of an asthma attack can be hard on the parent as well as the child.

Omega-3 fatty acid is a natural way to help prevent the development of asthma in children. In fact by taking this fatty acid it can lead to the decline of asthma.

Enjoy Painless Menstruation with this Fatty Acid

Some woman have extreme pain during their menstrual cycle. While others don’t have hardly any. Each woman is different. But, can bring symptoms such as tiredness and being unproductive. Those woman who use Omega-3 fatty acid experience less pain.

As you can see that the Omega-3 fatty acid provides benefits for quite a few illnesses. Adding either a supplement or food to your diet will help you in so many ways.

Blog Post #7

4 Ways Fatty Acids are Good For Your Health

Contrary to popular belief, not all types of fats are bad for you. There are certain fats that are essential in making your body work the way it is supposed too. For example, essential fatty acids like omega-6 and omega-3 are necessary in the way it functions.

But before you load up on all the bacon and burgers you can find, you should research what the essential fats are because not every type is good for you. The more information you have, the more you can use these fats in order to achieve the body you have long been dreaming of.

What Do These Essential Acids Do For the Body?

Fatty acids aid in multiple bodily functions including:

Cellular Development

Essential fatty acids have a hand in the development of cells and healthy cellular membranes. Their role is integral enough to halt the formation of tumors and the growth of breast cancer cells.

Regulates the Brain and the Nervous System

You might not know this but essential acids are used in order to help with the symptoms of certain mental conditions like depression and anxiety. This is because these substances regulate the thyroid and adrenal activity.

Maintains Normal Blood Pressure

Another reason to eat more good fats is because they play a role in keeping the circulatory system from going haywire. It thins the blood, which prevents clots that can lead to heart attacks and stroke. It also regulates blood pressure and breaks down harmful cholesterol.

Keeps Skin Healthy and Bright

A diet lacking of essential fatty acids can make you have major issues with your skin. Deficiency in these nutrients can cause your skin to appear dull and lifeless. Development of eczema, dandruff and other skin conditions also are most likely to happen.

What Happens If You Do Not Get Enough?

With all the roles essential fatty acids play, there are some very daunting consequences in not getting enough of these substances. The effects vary from person to person however, essential acid deficiency symptoms may include:

\* Impaired vision

\* Development of skin conditions

\* Dementia

\* Memory Loss

\* Mood Swings

Fatty acids come in many forms and you can help with these symptoms by including them in your diet.

Where Can You Source Essential Fatty Acids?

Not all fats are harmful to the body and knowing the difference between a good fat and a bad fat is important.

Below are a few healthy sources of essential fatty acids you can indulge in. Word of caution - everything in excess is never good:

\* Nuts & Seeds

\* Cold Water Fish

\* Soy

\* Canola Oil

\* Walnut Oil

\* Avocados

You can find all types of different good fats to eat. To help you eat less of the bad fats stay away from fast food and processed foods.

Blog Post #8

5 Benefits of Flaxseed

Choosing to have a healthy lifestyle after indulging in a sedentary one is never easy. It takes a lot of commitment and adjustment in order to reach your fitness goals. It takes more than a gym membership and occasional physical activity for the changes to be lasting.

In the process of leading a healthier life, people tend to focus more on exercising. While consistent physical activity is important, not thinking about your nutrition could easily be the downfall of achieving your goals.

Just like working out, eating right takes a bit of practice. The change will be more effective if it is done gradually. One way to do this is to introduce a few superfoods into your diet. This is a great way to ease your body into eating healthier. Flax seeds should be the first thing to start incorporating and put on your shopping list.

Below are a few health benefits you can get from this ancient superfood:

1.Feel Full For Less Calories

For people who are trying to lose weight and are dreading cutting back on food, flaxseed is a good compromise. Flaxseed contains high levels of mucilage gum content. This fiber keeps food in the stomach - making you feel full for hours.

It also helps with detoxification and reducing your sugar cravings. Definitely a cheap option when you are trying to shed some pounds without having to starve yourself.

2. Bright and Glowing Skin and Hair

Glowing skin and hair usually is a result of proper nutrition and exercise. So adding flaxseed into your beauty routine can give you the added shine.

If you are looking to have healthier hair, skin or nails, put at least a tablespoon of flax seed oil in your fruit drinks. You also have the option to use this organic compound as your topical moisturizer.

3. Looking for Gluten-Free Options? Flaxseed is a healthy choice for this as well.

If you happen to suffer from gluten allergy, you are already probably aware of how difficult it is to find filling gluten-free food options. Flaxseed is an affordable alternative for those who have Celiac disease. Likewise, it is a great source of Omega-3 for people who have adverse reactions to seafood.

4. Cancer and Flaxseeds

At the moment, there still isn't a proven and tested cure for cancer. Nevertheless, organic options like flaxseed does play a hand in fighting off the development of cancer cells. Flaxseeds contain certain nutrients that naturally balance hormones thus preventing development of breast cancer.

5. Constipated? Include Flaxseeds in Your Diet

Constipation might not be life-threatening, but it sure is uncomfortable. It makes you sluggish, lethargic and unproductive. One of the biggest benefit of flaxseed surround digestive health. You only need 1-3 tablespoons of flax seed oil in one of your drinks like juice and it can help relieve the uncomfortable symptom of constipation.

Flaxseed has so many health benefits and can easily be added to your diet. Buy a bag of seeds or ground flaxseed and start adding in your recipes. It has a slight nutty taste, but not enough to make a huge difference in your cooking.

Blog Post #9:

4 Benefits of Raspberries

Raspberries are something that are bought more during the summer because they are readily available. In fact, people look forward to them because they are also a lot less expensive than during the winter months.

You can eat a handful as is, as part of a salad or even as dessert. They are tart, refreshing and healthy, but there is more to these tiny fruits than their delicious flavor. Raspberries provide so many benefits to your body and your health. You might be surprised how much!

If you are in the process of making a lifestyle change, you should include raspberries in your budget because they are worth every single penny.

Raspberries are Good for People Who Are Trying to Lose Weight

When you start the process of losing weight, it can be difficult because more often than not people will start to think about what they cannot have in their diet. Yes, there are some food restrictions.

Another way to think about it is to remember that there are so many amazing methods to cook different foods to make them healthy...and good!

Raspberries are such a food that are good for you and good for you taste buds. By eating these savory fruits, you won't have to worry about derailing your weight loss goals.

At 64 calories per cup, they provide sweet treat people often crave and you will not have to worry about the guilt you'll feel if you indulging in a box of chocolates - unless they are dark chocolate of course!

Boost Your Immunity With Raspberries

Raspberries are rich in antioxidants that make the body strong enough to ward of common diseases. It does this by helping you get rid of the toxins in your system.

The antioxidants that are in the fruit not only have an immediate effect to your current health but it also slows down the process of aging. So you see raspberries are virtually a fountain of youth!

Increase Fertility With Raspberries

There are so many people trying to have children right now. You might be one of these people that has decided to start your family now.

Did you know that the vitamin C and magnesium in raspberries improve fertility in both men and women? The antioxidants in raspberries improve sperm health and reduce the risk of miscarriage.

Raspberries Help Prevent Cancer

Raspberries have one of the highest concentrations of antioxidants even more than tomatoes. Because raspberries are chocked full of these powerful vitamins and nutrients, they help reduce inflammation and lowering oxidative stress. By doing this they are helping to prevent the development of cancer cells.

If cancer runs in your family you could start eating raspberries and other super foods to help you take preventative measures into your own hands.

Another reason to eat raspberries is the health benefits. In that case, you’ll want to raspberries as often as you can. The great thing about raspberries is that you can add them to quite a few dishes or serve them as a side and they are tasty to eat.

Blog Post #10

4 Healthy Raspberry Recipes

Shifting your diet to something a lot healthier can be a bit of a struggle. After years of eating whatever you want, whenever you want it you’ll find that shaking off this habit is not as easy as you might think. Plus many people are under the impression they have to give up flavor when they start eating healthy. The simple fact is that isn’t true.

One way to help you get started is to eat more fruits and vegetables. They are loaded with benefits. Take the raspberry for example. This small berry is bursting with a tart, sometimes-sweet taste and it can be added to different recipes.

Aside from being a yummy summer treat, raspberries are incredibly good for your health. When you use this berry try ideas that aren’t going to include adding tons of calories or fat to them.

Need some ideas on how you can do this? Take a look at the recipes below and then try one today:

Top Your Desserts With Raspberry

Topping your yogurt with raspberries as a dessert is a healthier alternative to topping them on ice cream.

Yogurt might not be thought of as a dessert, but it definitely can be. It is sweet and if you use greek yogurt you’ll also get thick and creamy.

If you’ve got a food processor some of them will make a soft serve yogurt that is like ice cream. By using your food processor you’ve created a healthy dessert.

Craving Salad? Why Not a Raspberry Vinaigrette

Contrary to popular belief, raspberries aren't simply for desserts. There are ways to use this versatile fruit into all your other meals. For instance, you can make a raspberry vinaigrette with six ingredients or less.

Combine raspberries, sugar, balsamic vinegar, olive oil, honey and salt and then shake. Most of these ingredients you probably already have in your pantry, so take them and make a delicious and guilt-free dressing for your salad.

Low-Calorie Raspberry Cocktail for a Chill Weeknight At Home

It is easy to believe that drinks do not contain as much calories as food. This couldn’t be further from the truth and the glasses that are used are often two or three servings.

When you go to a get together or just want a drink at home - why not indulge in a French Kiss Cocktail. This drink starts with champagne, then you add raspberries, mint leaves, lemon and vodka.

Two Words: Raspberry Salsa

Do you need a healthy option for sauces? Raspberry Salsa can do the trick. It is sweet with a hint of spicy. You can add it to pork, use it as a dip with crackers or try it on meatloaf. Think outside the box.

Here is a recipe you can try on All Recipes

<http://allrecipes.com/recipe/24906/raspberry-salsa/>

When you make this recipe just remember that the longer you let it sit and the ingredients mix together the better the flavor.

Adding more raspberries to your diet doesn’t have to mean you can only eat them in handfuls. They have so many more uses in your cooking. Look online for other raspberry and fruit recipes and you might be surprised by what you’ll find.

Blog Post #11

3 Reasons to Drink Green Smoothies

For anyone who has never made a healthy drink, green smoothies can look very daunting. When people think of what goes into a smoothie they think fruit. It doesn't help that their appearance isn’t that appetizing. But the combination of spinach, kale, lettuce and collard greens with just the right amount of delicious fruits like apples, pears, mangoes and avocados can make this drink taste amazing and it has tons more benefits than just a fruit smoothie will.

Consider the many benefits your body can get from a green smoothie, its appearance might not matter as much. After all, your body deserves the healthiest and the best. It’s the only one you’ve got, so taking care of it is important.

Still hesitant to gulp a tall glass of green smoothie? The benefits below might convince you otherwise.

Aside From Health Benefits, Green Smoothies Are Convenient and Affordable

With all the fruits and vegetables that make up a single serving of green smoothie, it almost goes without saying how nutritious this drink is. However, more than being good for the body, a green smoothie is also a convenient meal.

How often have you woke up late and as a result didn't a lot of time to grab breakfast? With just a blender and your smoothie prepped the night before, you have a well-balanced meal you can drink during your commute.

Hit Your Daily Serving of Fruits and Vegetables in One Sitting

The daily recommended amount for fruits and vegetables is 7-10 portions daily. This might be difficult for you to do. Maybe you’re busy and just forget to snack on product throughout the day. Or maybe you’re someone that doesn’t care for fruits and vegetables, so you’re not going to get that much daily.

By blending them all up into a green smoothie you’ll help eliminate these challenges because you’ll get several of your servings in one day just from one smoothie.

1.Stay Full Longer and Lose Weight

Green smoothies have the ability to make you feel fuller for longer. That is because of the vitamins and minerals inside the leafy greens you put inside the drink.

Plus if you’re trying to lose weight, green smoothies can help you curb your appetite and cravings.

2. Boost Your Energy and Ward Off Diseases

Most fruits and vegetables that are likely to be included in a green smoothie offer energy-boosting nutrients. Bananas, oranges and spinach in a drink can provide you more energy than a cup of coffee and none of the empty calories.

Green smoothies can boost your immune system. During the cold months, it is a good idea to indulge in a glass or two in order to prevent getting sick.

3. Keep Your Digestive Track Clean and Healthy

You’ll find that drinking green smoothies will keep you regular. This is due to the fiber in all of the fruit and vegetables that go in the smoothie.

Being constipated is awful. It makes you feel slow, lethargic and unattractive. Usually constipation is a result of consuming too many meals that are hard to digest. Drinking green smoothies can help refresh your digestive track for easier and more comfortable bowel movements.

You can add whatever fruits and leafy greens that you want in your green smoothie. Add in some chia seeds and flaxseed for more benefits.

Blog Post #12

3 Berry Smoothies to Help Get More Fatty Acids in Your Diet

Contrary to popular belief, not all fat is bad for you. Some are necessary to keep your body running smoothly. One important fat is the Omega-3 fatty acids because they give you amazing health benefits.

Making sure that you get enough Omega-3 fatty acids in your diet can do wonders for your body. Fatty acids control the production of triglyceride levels. This means that this nutrient has a hand in preventing heart disease.

Not only that, but Omega-3 help control the symptoms of arthritis, asthma, and depression. Plus it can also help prevent the development of Alzheimer's disease and other forms of dementia.

One way to get this fat is through fish. Fish is a great source of Omega-3 fatty acid. But if you’re someone who doesn’t like seafood or you’re allergic to it you can get your omega’s through certain berries instead.

Are you tired of the same old way of eating berries? There are so many ways to get berries into your diet – eating them fresh, putting them on yogurt, using them in salad or adding them to recipes. One way to make sure you’re getting enough is with smoothies.

Below are a few smoothie recipes you can indulge in. After all, who says healthy can't be delicious too?

Nothing Beats the Classic - Blueberry Smoothie

The blueberry is a super food and are ranked third in the list of fruits that have the most amount of Omega-3 fatty acid. After blueberries are raspberries and blackberries.

Having a blueberry smoothie especially in the heat of the summer can feel more like a treat than a chore when it comes to being healthy. So when you’re in the mood for a milkshake remember that smoothies are a great alternative.

In order to make the drink the healthiest it can be, choose to use skim milk or almond milk instead of whole and add a tablespoon of flaxseed oil for a richer does of Omega-3.

Decadent but Healthy - Chocolate Raspberry Smoothie

Chocolate dipped berries are a staple during Valentine's Day, but you can get the same great flavor with a shake. Try something a little different and use raspberries and chocolate instead of strawberries.

With 485 mg per serving, raspberries provide a lot of the omega that you need.

This drink would be easy to make. In a blender, combine fresh or frozen raspberries, 1 teaspoon of cocoa, a cup of greek yogurt, and add low fat milk for the right consistency. For a different flavor add a banana.

Here is a tip. If you’ve got bananas that are starting to go bad, peel them and put them in freezer bags. The outside might look brown and yucky, but the inside is still packed full of flavor and you can put them in smoothies. To make it easier on your blender break them in pieces.

This indulgent but healthy drink is a great way to finish any meal. Healthy dessert, anyone?

Strawberry Smoothie With a Twist

Like with the classic blueberry smoothie, there is much more you can do with a strawberry smoothie that is a lot healthier than adding a dollop of vanilla ice cream.

When you’re making a strawberry smoothie add some orange juice to the mix and you’ll get a fun twist to your drink.

To make this drink add ¼ cup of orange juice, a half banana, ½ cup of low fat milk, ½ cup of water, 1 tsp vanilla and then 1 cup of frozen strawberries. If you want to you could also add 1 tsp of sugar to give it a little bit of sweetness. Combine all the ingredients and blend.

Viola you’ve got a drink that has the omega-3 fatty acid and is yummy too!

Getting more Omega-3 fatty acids in your diet is only a matter of figuring out what fruits carry this fat and making a smoothie during the day. You don’t have to eat fish if you don’t like it or are allergic there are other ways.

Blog Post #13

4 Tips for Blending Great Green Smoothies

You might have heard that green smoothies offer tons of benefits to your body and you’re interested in incorporating them into your life – but you’re just not real sure how to make one. This can be tricky because you want to get the benefits, but you don’t want a drink that is so gross that you can’t finish it. There is definitely ways to get a blended drink that is good for you and good to drink.

Here are some tips to make a tasty green smoothie every time.

1.Use Fruit Juice

Adding leafy greens to your smoothies can be a unique flavor that you might have to get used to. By adding fruit juice as your liquid instead of almond milk, milk or water you’ll be adding a little bit of sweetness to the drink that it might need.

2. Pick Sweet Ripe Fruits

To make your drink taste less green you can also add ripe fruit to the mix. Usually fruit gets sweeter as it ages – an example for this would be bananas.

More fruits that you could put inside for their sweetness would be apples, mangoes and pineapples. Not only do these wonderful fruits add sweetness to the smoothie, but some amazing health benefits as well.

Pineapple helps with inflammation, constipation and digestive problems. Plus it tastes really great in smoothies.

3. Measure the Ingredients When You First Start

If you just start throwing ingredients in your blender you might get too much of the green in your drink and then it won’t be any good. Try measuring what you put in instead. You’ll want to get accustomed to drinking green smoothies and add more of the other ingredients first.

A good rule is to add 1 cup green to 2 cups of the other ingredients. This could be juice, fruit or a combo of the two. When you’re used of putting 1 cup of green in then go to 2 cups. You’ll want to slowly increase the amount of green leafy ingredients.

4. Don’t Forget the Spices

Your smoothie doesn’t have to consist of fruit and greens without any other flavors. Try adding spices and extracts into your drink.

Cinnamon, nutmeg and a pinch of chili could go a long way in the taste department. Make sure not to add to much though.

Extracts are another way to add flavor to your drink. Try vanilla, peppermint or huckleberry to enhance your smoothie.

Green smoothies do not have to taste green in order for you to get the benefits. If you’re adding more fruit than leafy greens – you’ll need to slowly switch that. By including spinach and kale to your smoothies you’re leading a healthier lifestyle.

Blog Post #14

4 Major Health Reason You Should Know the Importance of Nutrition

Many people seem to think that leading a healthy lifestyle only involves getting the exercise that your body needs. So long as you keep moving, there is truly nothing wrong with eating anything and everything your heart desires. Unfortunately, this assumption could not be more wrong.

Being fit and healthy is a combination of mindful eating and regular exercise. Nutrition plays a vital role in keeping your body working properly. Food after all is the fuel your body uses in order to function. Consuming junk food can cause serious health issues.

Your body deserves better. Exercising regular is vital, but it is also important to consider your nutrition. You are, after all, what you eat.

1.Good Nutrition Builds Muscles

Working out for hours on end would not result in any gains if you do not supplement it with the right meals. Eating protein plays an essential part in building the muscles that you want to achieve. Food containing protein when broken down become amino acid. These amino acids are responsible for growth and repair of muscles. This means that if you eat the right type of protein your muscles can handle intense workouts.

2. Feeling Lethargic? Try to Remember What You Ate

Carbohydrates and fat are often branded as “bad” foods especially when you are trying to lose weight. People will restrict the carbs and fats they eat, but that truth is that these both play an important role in your nutrient. It all depends on how you get the carbs and fat.

However, think of your body as a car. You need to put fuel in a car for it to run. Without the energy carbs provide, it would be very difficult for you to workout without being lightheaded or getting dizzy. Despite your determination in losing weight, there is truly no reason why you should resort to unhealthy options. And healthy fats are just as important.

3. Weight Loss Requires More Than Exercise

Getting the right amount of exercise is essential to being healthy. Even a little change would make a huge difference Another thing you should consider is what you eat. Then only the healthiest options. This will help you with your health goals. Some people say that weight loss is 70% good nutrition and 30% exercise.

4. Stay Fit and Happy with the Right Diet

By eating more good foods, like fruits and vegetables, you will be a happier person compared to those with that eat tons of junk food. The food that you eat will determine your mood.

Proper nutrition will help you in so many ways and by incorporating it into your diet you’ll feel the benefits.

Email #15

**Discover the Types of Nutrition You Need in Your Diet**

Nutrition is a huge part of what makes you healthy, but not a lot of people understand it. By understanding the basics of nutrition, you are helping yourself to live a healthier life. It prepares you to make smarter food decisions in the future. This will help when you’re out shopping for groceries or you’re at a restaurant ordering a meal.

The food that you consume plays a significant role in creating a healthier diet for yourself. In fact, many people say you’re your weight loss journey starts in the kitchen because being healthy is more about nutrition than it is about physical activity.

To fully grasp the importance of nutrition, it is a good idea to educate yourself on it and the role it plays in your health. With that said, did you know that there are different types of nutrition?

**Carbohydrates**

You need carbohydrates to help you protect your muscles. They’ll give you energy and help lower your cholesterol, as well as regulate your blood pressure.

You’ll find carbs in food such as grains and pasta. Like all food eat these in moderation and use the whole wheat variety. You’ll feel full longer.

**Fats**

Healthy fats are the type you need. These can include avocados, nuts and coconut oils. The right kind can get rid of your belly fat and can improve your heart health.

**Fiber**

With the right amount of fiber it helps the movement of your digestive track. So it gets rid of toxins in the body and makes sure that you are regular in your bowl movements. You’ll find fiber in oats, brown rice and fruits.

**Minerals**

Strengthen your bones, tissues, nerve cells, teeth and muscles with minerals. You can get minerals from a variety of sources such as dairy, nuts, beans and fish.

**Protein**

The body needs protein to survive. It uses it to help build and repair muscles. Plus the right type of protein will help lose weight. Eggs, fish, lean meats, Greek yogurt and broccoli are a few ways to add more protein into your diet.

**Vitamins**

By adding more vitamins to your diet, you’ll be helping your body in so many ways. Vitamins keep your body functioning efficiently. They get the body to heal, repair and grow. Most foods high in vitamins are fruits and vegetables like red bell peppers, bananas, carrots and pumpkins. But you can find it in fish, nuts and beans as well.

**Water**

You need to drink tons of water to keep rehydrating yourself because you lose it in sweat, digesting your food and breathing. Water helps regulate your temperature, but also uses it in all your major organs so the body needs it to function properly.

The way that you eat and what you put into your body impacts how your body works and how you feel. By providing it the proper nutrition, it will function to the best of its ability. As soon as you start adding toxins the body doesn’t work as well as it should and you can start getting sick.