

HEALTHY TIPS

For You

Add more fruits & veggies to your meals

Try fruits & veggies of different colors to ensure you consume a variety of vitamins and minerals that our bodies need



Move every day

Alternate between strength training 2-3 times a week, and cardio or simply walking the rest of the days

Sleep well

Get 7 to 9 hours sleep when possible.

The amount needed varies from person to person. Prioritize quality of sleep



Have some Me Time

This could be in different forms, such as meditation, dancing to your favorite music, taking a day off, enjoying some minutes alone every day, and many others.

For more tips, visit my
IG: @vanesanicolosi

