

25 POWERFUL Healthy Lifestyle Tips



to a happy and healthy you

Follow a low-carb
eating plan

Try out this
superfood for
energy and health

Track your
progress to stay
motivated

Always check food
labels for sugar and
carbs

Replace your
morning coffee and
milk with cinnamon
tea

Eat slowly, without
any interference

Try to exercise at
least 3 times a week

Detox 2 to 4 times
a year.

Drink more water to
increase your
weight loss

Have a high protein
breakfast

Include superfoods
to at least one meal
a day

Believe in yourself

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HealthyFamilyandMe.com

Healthy Living Tips For Dummies

Tamara Shelline Castleman

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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