

Building Habits

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Building habits in relation to better nutrition is something that can be easily accomplished. There are many aspects to this. Maybe you want to save money or eat smarter by bringing your lunch every day for work or making dinner 5 nights a week. Maybe you need to drink more water or reduce mindless snacking. There are many tips and strategies that you can do to help be successful.

Eat out less:

- Set a time aside at night to pack your lunch for the next day.
- Having fruits and veggies washed and prepped can make for easy grabs if you are hurried in the morning.
- Start out easy- Plan 3 dinners for the week. Then build your way up to multiple nights per
- When you make dinner, make extra for easy leftovers and lunches.
- See [one of my previous blogs](#) for deeper details.
- Start a recipe group swap with family, neighbors and/or friends for fresh, easy or quick meal ideas.

Drink more water:

There are many resources available online for this. But some things you can do on your own is

- set a timer or a reminder or alarm on your phone, Alexa or Google Nest.

- If your goal is to drink 64 oz a day, split it up into 4 16oz glasses. Using a Tervis cup or reusable cup from your favorite restaurant chain can help lessen the shudder than can overcome you when you are told to increase your water intake.

- Drink warm water with lemon and/or ginger in the morning when it's the cold season. Drink fruit/vegetable infused water in the warmer months, like cucumber (with or without mint), lemon, berry or watermelon.

- If you have the money to splurge, there's a smart water bottle on the shelves called, [HydrateSpark](#). It tracks the amount of water you are drinking thru its Bluetooth and an app on your phone. It gives a pretty little light show too!

- There are many who do not like water or it's taste. There are some sugar free additives on the market that can help, such as Mio.

Do more physical activity:

- Grab a workout buddy (human or animal) and do what you think is FUN!
- pick the best time of day for you when you are most motivated and stick to that time.
- start out slow and easy; start with 1-2 days per week for 30 minutes. Build yourself up to 1 hour for 1-2 days, then 3 days, etc....
- post workout refueling, keep nutritious snacks or protein shakes handy to eat after your workout. Remember to give your body the time to rest and repair by taking days off.

Remember to be easy on yourself and give yourself grace. We can't be perfect 100% of the time. 😊

Eat Well, Be Well, Walk your Dog and Bon Appetit!
~Chef Jen

