

Check Off Your Wellness To-Do List

You must be in it to win it! Be prepared every day to accomplish your top three goals. Do your goals include hydration? Nutrition/vitamins? Fitness/ soft tissue work? Preparation? Quiet time? Goals? Rest?

Perhaps you don't have goals or a plan. Here is a perfect place to start. Let's go through an ideal day:

5 a.m.: Wake up to a great day and start with a nice glass of ice water, a hearty breakfast and vitamins. You should be drinking eight glasses of water and taking a multivitamin and fish oil every day. Your meals should include protein each time you eat. Sample breakfast: a veggie omelet and fruit.

6 a.m.: Game time! Challenge yourself with a blasting morning workout. Park in the furthest-away spot possible and drink 8 ounces of water every 15 minutes of your workout. Try a group training session for some early morning motivation, Fit It In Fitness style.

7 a.m.: Stretch. Wrap up the best hour of your day with a great stretch/soft tissue massage routine and a post-workout shake. You should be eating within a half hour of your workout to avoid the breakdown of muscle. Sample shake: plant or whey protein, mixed berries, almond/coconut milk, banana, spinach (you can't taste it) and flax seed. While drinking your shake, you can write your list of three goals you will complete before the end of the day.

8:55 a.m.: Quiet time. Just before you start your workday, take five to 10 minutes to reflect. Where is your life currently? Where do you want to be? How do you feel? Are you happy with your fitness results? Have you been eating well? Are you tired lately? What can you change in your routine to make more time for your family?

10 a.m.: Snack time! Sample snack: tuna packet and trail mix of seeds, nuts and cranberries. Drink 8 ounces of water.

11 a.m.: Move! If you've been at work for a few hours, get up and stretch. At least change your sitting position. Avoid muscle weakness and stiffness.

Noon: Lunch. It has been two hours since you last ate. Avoid letting more time pass, and save 10 minutes for a walk. Sample lunch: large salad of spinach, peppers, onions, strawberries, blueberries, goat cheese, black beans, chicken breast and balsamic dressing. Don't leave out the protein - and drink another 8-ounce glass of water.

2 p.m.: Snack time! Another two hours have passed, and if you worked out at 100 percent intensity, chances are you're starving again! Sample snack: Kind Bar or fruit salad. Drink another 8 ounces of water.

4 p.m.: Check your list of daily goals and have another snack, with water. Sample snack: protein shake and 8 ounces of water.

6 p.m.: When finishing your work for the day, walk to the furthest spot in the lot which you parked and get ready to prepare a delicious, healthy dinner. Perhaps you got the crock pot going this morning, so dinner is already done. Sample dinner: crock pot chicken fajitas with beans and corn.

8 p.m.: Take time to reflect on the day; think about your high and low of the day, what/who you are grateful for, and plan the next day. Have your final snack at this point if you're still hungry. It's OK to eat at night; just make a healthy decision. Sample snack: raw veggies, fruit and water. If you missed any glasses of water throughout the day, finish them up now.

10 p.m.: Sleep. Rest is important for recovery and function. Remember, your body gets stronger from proper recovery of your workouts. Six to eight hours is recommended.

Be inspired! Live active! Use these simple tips to stay active throughout the day. Drink lots of water, eat five to six times daily and take "You" time each day. Strive to be the healthiest "You" you can be!