



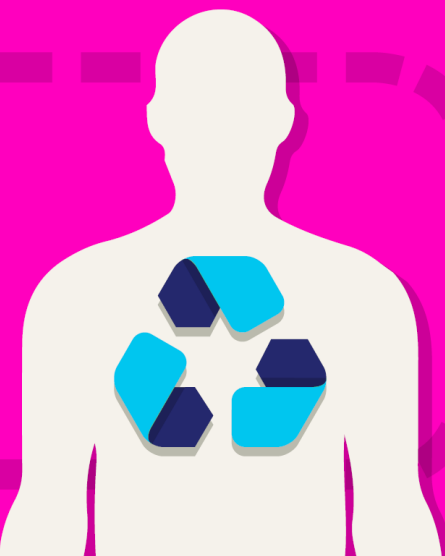
CORRECT FOODS TO EAT

COLOR VIBE WORKSITE WELLNESS PROGRAM

To make your life easier, we have compiled all of the best food options together!

HEALTHY FOOD, HEALTHY BODY

Healthy food sends messages to different parts of the body. The human body relies on clean foods and good carbohydrates to rid itself of toxins.



THE BENEFITS OF DETOXIFICATION

Detoxes give the body a chance to restart. Toxins are some of the main contributors to flu viruses, bacterial infections, and the common cold; they play a large part in the distribution of germs.

WHY IS HIGH CHOLESTEROL UNHEALTHY?

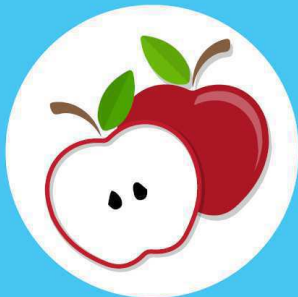
Over time, consuming high cholesterol foods with little to no nutritional value will only further dietary deficiencies.



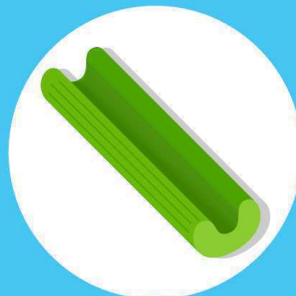
LASTING ENERGY

Processed meats and cheese provide the body with an artificial supply of energy and leave it feeling weak and run-down. Instead of a fast food meal, try a salad!

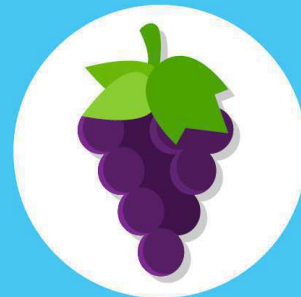
Instead of keeping wheat thins and potato chips in plain sight, build your food supply with the following healthy snacks!



Apples
(Pendragon apples are the healthiest)



Celery
(P.S. You lose more calories eating celery than you gain!)



Replace candy dishes with nature's popsicle: frozen grapes



MAKE YOUR OWN TRAIL MIX

- ½ cup raisins (If raisins aren't your jam, pick a different dried fruit)
- ½ cup cashews
- ½ cup sunflower seeds
- Mix together in a large bag and eat on the go!

MAKE YOUR OWN SMOOTHIE

- Keep it simple, keep it clean.
- Try not to add any sugar, but if you have to, keep the amount small.
- Go for fruits with lower glucose levels. Lemons and berries (raspberries, blackberries, cranberries) fall under this category.
- Add ice and cream, but don't add ice cream. Substitute in skim milk.



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FEELING HEALTHY & SATISFIED

Whichever healthy options you choose, eliminate boxed, mass-manufactured, high sodium quick-fixes. Go for the real stuff. Fruits and vegetables will leave you feeling satisfied for a longer period of time.

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As far as filling your fuel for a 5K, you'll want to eat energy-rich foods containing good carbohydrates that will provide you with the maximum amount of energy for extended periods of time.

WEEKLY WORKOUT

MON	TUES	WED	THU	FRI	SAT	SUN
STRENGTH 2 M RUN	DANCE	YOGA 1.5 M RUN	CORE	STRENGTH 2 M RUN	REST	YOGA 2.25 M RUN

iFIT WORKOUT VIDEOS

STRENGTH

iFIT DAILY
COLOR VIBE 5K

TOTAL BODY

DANCE/ZUMBA

STRETCHING/YOGA

ABS/CORE