



# 101 LEAN SWEATSTER HABITS

1. Pack a water bottle where ever you go
2. Book your workouts in your calendar
3. Workout with a partner
4. Walk
5. Eat 5-7 servings of veggies a day
6. Grocery shop
7. Order their groceries a head of time (Click and collect)
8. Stand while working
9. Get up and walk around every hour
10. Chew food slowly
11. Food Journal
12. Have protein at every meal
13. Pack a lunch
14. Sleep more than 6 hours/night
15. Turn off phone 1 hour before bed
16. Read
17. Express Daily Gratitude
18. Lift Weights
19. Walk when it is sunny out
20. Put franks hot sauce on everything
21. Choose mustard over ketchup
22. Choose salad over fries
23. Choose sparkling water over pop
24. Choose fruit over fruit juices
25. Try new veggies
26. Focus on building muscle
27. Laugh
28. Spend time with friends and family
29. Read food labels (and understand them)
30. Make homemade salad dressings
31. Cook at home vs. eating out
32. Drink green tea
33. Don't eat in front of the TV
34. Clear junk food from the house
35. Make zucchini or spaghetti squash noodles
36. Don't go grocery shopping when hungry
37. Allow treats
38. Have no guilt over food
39. Ask for dressing on the side
40. Earn your carbs
42. Take the stairs
43. Laugh
44. Workout at home
45. Own running shoes
46. Likely, own lululemon
47. Walk around while talking on the phone
48. Do yoga
49. Shovel the snow
50. Go tobogganing (Which is actually really hard)
51. Accept your imperfections
52. Plan ahead
53. Focus on being healthy vs. thin
54. Understand that it is a lifestyle and not a quick fix
55. Eat many colors of vegetables
56. Understand that organic doesn't always mean healthy
57. Share entrees when eating out
58. Walk the perimeter of the grocery store
59. Enjoy pizza once and a while
60. Use lettuce to make wraps
61. Put kale and spinach in smoothies
62. Snack on fresh veggies at night
63. Understand macros
64. Exclude foods with high fructose corn syrup
65. Choose unsweetened yogurt or cottage cheese
66. Exercise as a family
67. Do workouts that you like
68. Workout with people that you like
69. Get inspired – read books, blogs
70. Make a bucket list
71. Learn a new skill
72. Eat the whole egg
73. Increase fibre intake
74. Chose fresh fruit over dried
75. Eat fish
76. Avoid buffets
77. Dine early
78. Wait an hour before going for seconds
79. Chomp on cherry tomatoes
80. Use non-stick pans
81. BBQ!
82. Find a trainer or an expert
83. Lunge
84. Plank during commercials
85. Have sex
86. Dance
87. Positive self talk
88. Reward successes
89. Share successes
90. Enjoy dark chocolate
91. Try jicima
92. Recognize that salsa is delicious
93. Drink infused sparkling water out of champagne glasses
94. Have coffee and walk dates
95. Take time for yourself
96. Write your goals down
97. Only eat foods you can pronounce
98. Make changes one at a time
99. Everything in moderation
100. Ride a bike
101. Laugh