



**Before you grab that little treat,
move your body, move your feet.**



**Do one of these and then come back,
do you really need that snack?**



**Follow the list everyday,
to lose 10 pounds before the holidays.**



1. 50 squats

6. Go for a walk

2. 50 jumping jacks

7. 25 push ups

3. 35 lunges

8. 1 minute plank

4. 10 minutes of yoga

9. Drink 8oz of water

5. Dance through a song

10. Brush your teeth

Tips:

Keep healthy snacks like fresh fruits and veggies in the fridge and ready to grab when you're hungry.

Drink a glass of water before eating any meal or snack to take the edge off your hunger and stay hydrated.