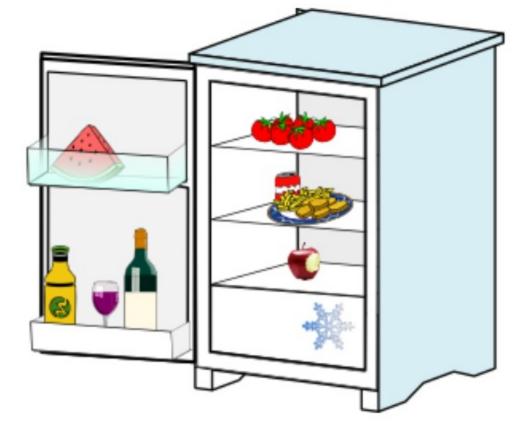


## Before you grab that little treat, move your body, move your feet.









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 80z 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.

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