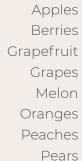
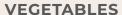
## LOW-GLYCAEMIC

Use this shopping list as a starting point to fill your kitchen with healthy, low-glycaemic options and alternatives to the foods you love. And if you're uncertain about a food's glycaemic index, check glycemicindex.com.







Asparagus Cauliflower Green beans Mushrooms Tomatoes

DAIRY

Cheese Cottage cheese Kefir Milk (1% or 2%) Greek yoghurt



Chicken Eggs Fish

Lean beef

Shrimp Tofu

Turkey

Nut butters Guacamole Hummus Oil-based salad dressings Salsa

you buy packaged items, read the label to make sure you know what's really inside.

- Check the serving size and number of servings—claims of low fat, sodium, etc. can be deceiving depending on the serving size.
- Pay attention to the number of calories compared to the amount of nutrients contained in the food to avoid consuming empty calories.
- Avoid foods with trans fat.
- Search for foods high in dietary fibre.
- Minimise added sugars sucrose, glucose, fructose, corn syrup.
- Pick foods high in specific nutrients—vitamin A, vitamin C, calcium, iron, etc.







## Norking Ont WITH USANA

## DON'T LET YOUR DAY SLIP AWAY WITHOUT SOME PURPOSEFUL MOVEMENT.

If you already have a consistent exercise routine, keep it up! If you're just getting into a workout routine, cycle through our preplanned workouts (all can be done at home, with or without weights),

or build your own workout. Just make sure you have a plan. You're more likely to stick with a regular schedule if it has been previously established.

25 jumping jacks

25 mountain climbers

10 push-ups

10 triceps dips

25 squats

15 lunges (each side)

25 crunches

30 bicycles

50 high knees

30 butt kickers

10 walking planks

10 inchworms

25 sumo squats

15 step-ups (each side)

15 v-ups

20 plank jacks

50 invisible jump ropes

10 burpees

20 arm circles

10 downward dog push-ups

15 side lunges (each side)

15 skaters (each side)

20 flutter kicks

15 core roll-ups

TIP: IF YOU'RE NOT SURE HOW TO DO A MOVEMENT, LOOK IT UP ONLINE.

## SET A TIMER FOR 20 TO 30 MINUTES.

Once you've completed each exercise, move on to the next one. And once you've completed one round of all the exercises, start from the top again. Get through as many rounds as possible before your timer goes off.

Happy sweating!