



10 Tips to Bounce Back after the Christmas Holidays

**LEARN MORE ABOUT EATING RIGHT
@NUTRICIONISTAGLORIACONTRERAS
@NATUYENUTRICION**

**1 HYDRATE
YOURSELF**

**2 GO
GROCERY
SHOPPING**

**3 REDUCE
SUGAR INTAKE
GRADUALLY**

**4 ENJOY
OCCASIONAL
TREATS**

**5 CONSUME
VITAMIN-
MINERAL RICH
FOODS**

**6 STAY
ACTIVE**

**7 DON'T GO
ON A
STRICT DIET**

**8 STEER
CLEAR FROM
ALCOHOL**

**9 SET
WEEKLY
GOALS**

**10 DON'T
FEEL
GUILTY**

*For more tips and recipes
like these visit me...*

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STAY HEALTHY!

