

# INSTEAD OF SNACKING...

## WORKOUT

If you don't have time to go to the gym... take a walk or [TRY ONE OF THESE AT HOME WORKOUTS](#).

## CALL A FRIEND YOU NEED TO CATCH UP WITH

We all have that friend we have been playing phone tag with...

## CATCH UP ON EMAILS

You have plenty of emails to go through. Get things organized or finally delete all the spam!

## PRAY

Go to God instead of food! Address emotions or stress properly through prayer. According to the CDC, 85% of disease comes from emotions. Cleanse yourself spiritually.

## FIND A NEW HEALTHY RECIPE

Why not find a great new recipe to try out... have even more time? Run to the store and get all the ingredients. Need some ideas? Here are ways to make 10 meals in 10 minutes

## MEAL PREP

Bored? Why not get all of your meal prep done now!

[HERE ARE SOME TIPS AND TRICKS ON MEAL PREP MADE EASY.](#)

## READ A BOOK OR MAGAZINE

If you don't have the latest Shape lying around then start a new book or finish that one that has been sitting on your nightstand for wayyy too long!

## TURN ON YOUR FAVORITE SONG & HAVE A DANCE PARTY

If your kids are around, have them join you. The more the merrier!

## LAUNDRY

You see it piling up... now is the time to get started on it!

## COUNT YOUR BLESSINGS

Give yourself some quiet time where you can reflect on all that you are blessed with, give your fears and stress to God and ask that He help you overcome anything you feel is holding you back.