Back to the Basics:

1. Be aware of your beverage choices: Read the nutrition label and focus on unsweetened, naturally flavored drinks.

2. Focus on adding whole foods to your diet: get back to the basics fresh fruits, vegetables, whole grains, dairy and healthy fats!

3. Get enough sleep: 7-9 hours a night improves focus, digestion and overall mood!

4. Take care of your gut: increase consumption of probiotics to keep digestion on track! Add foods like yogurt, kefir, kombucha and sauerkraut!

5. Mental Health: take the time for self-care. check in with yourself and your mind to assure you are ready to take on the day!