

# Denise Austin's 30 Days to a Slimmer, Healthier You!



Summer's coming! But don't stress, you have time to get into the shape you want, one step at a time. Slimming down is about so much more than your size or the numbers on the scale (although looking great in that swimsuit is certainly a perk!). For the next 30 days, follow these motivational tips from America's favorite fitness trainer, Denise Austin — and watch the small changes add up to big success!

**1**

Spring clean your pantry! Get those junk foods off your shelves — trade chips and soda for whole-grain crackers and flavored seltzer.

**2**

Start your day off by setting your alarm five minutes earlier and using the time to stretch your body. It will release tension, loosen stiff muscles, and rev up your energy!

**3**

Sit down with your planner and block out an hour of time this week. Get a manicure, curl up with a good book, or watch your favorite TV show — no interruptions!



**4**

Need an energy boost? Skip the coffee and have a cup of water instead. Staying hydrated revs your metabolism and helps curb hunger.

**5**

Get your family involved! Let your kids or spouse pick a day to be in charge of making a healthy dinner — from planning to cleanup.

**6**

Outline your health and wellness goals in a journal. Writing them down on paper will keep you motivated to keep working toward them.

**7**

Get the blues — in your food! Find some creative ways to use antioxidant-packed blueberries in your meals. They're perfect on waffles, in smoothies, and as a sweet salad topping!

**8**

Buddy up! Sharing your slim-down goals with someone close to you will keep you motivated to stick to them — and it may strengthen your emotional bond.

**9**

Stuck in the office all day? Squeeze in 10 more minutes of fitness by walking around the block during your lunch break.

**10**

Make sure you never miss the most important meal of the day by making a batch of healthy muffins ahead of time and freezing them for a grab-and-go meal!

**11**

Make your meals colorful. The color of veggies is the key to their health benefits! Get a vitamin-packed meal by having at least four colors in your dinner tonight.

**12**

Get your tummy bikini-ready! When you are watching TV, do a set of crunches during every commercial break. You will start seeing results in no time!

**13**

Tone your glutes without moving an inch by doing butt squeezes at your desk or while sitting on the couch. No one will notice but you!

**14**

Connect with yourself by journaling. Whether it's positive or negative, putting your feelings on paper keeps you in touch with your mental health.

**15**

When doing exercises, hold your last rep as long as you can. You will feel the burn and get the absolute most out of your workout!

**16**

If you live in a multi-story home, carry things up the stairs one at a time instead of in one big pile. The extra trips will burn major calories!

**17**

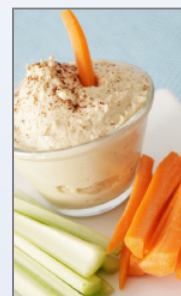
Branch out! Today, pick a vegetable you have never tried before and incorporate it into a meal. Who knows, it may become your new favorite.

**18**

Take an energy break. Stand up at least once an hour and stretch — it will give you just the power boost you need!

**19**

Cure afternoon munchies with a power snack! A combo of complex carbs and protein, such as hummus and veggies or an apple and peanut butter, will keep you satisfied.



**20**

Start a bedtime ritual to help you wind down at night. Some relaxing suggestions? Do yoga stretches, draw a bath, or have a warm cup

**21**

Time for a change of scenery: Plan an outdoor picnic of healthy snacks and invite your friends. The fresh air and dose of vitamin D will brighten your mood!

**22**

Keep breakfast interesting! Instead of sticking to cereal, mix it up with a veggie-packed omelet, a fruit and yogurt parfait, or a smoothie!

**23**

Has it been awhile since you've seen your friends? Make plans to reconnect over a calorie-burning activity like dancing or window shopping.

**24**

Take your workout outdoors! Nothing is quite as refreshing as a walk, jog, or bike ride outside in the fresh air.

**25**

Pick a time of day to exercise and keep with it. This way, it will become part of your schedule and make you feel more committed.

**26**

Start seeing red: Choose a red produce item and add a pop of color to your lunch or dinner. Tomatoes, strawberries, bell peppers — the options are endless!

**27**

Get extra exercise by walking the dog. Don't have one? Do a good deed and offer to walk a neighbor's or friend's!



**28**

Short on time? Stock up on pre-cut, pre-washed veggies for salads and stir-fries. You'll cut down on prep time in the kitchen.

**29**

Work out on the phone. Gab with a friend or family member and tone up by doing squats and lunges while you chat!

**30**

Now that it's getting warmer, take time to really enjoy the outdoors. Play with your pet outside, drink your morning coffee in the backyard, or take a stroll in your local park.

**And congratulate yourself on your success!**