

Tips to Enhance Quality & Quantity of Life

Do you want to look and feel younger? Have more energy?

Here are some very effective tips to make it happen.

- Drink one full glass of water every morning & every evening
- Sleep 7 hours/night
- Eat vegetables & fruits FIRST, in abundance
- Eat quality protein (low fat), .5-.75 gms/lb of body weight, 150 lb person needs 75 gms of protein each day
- Take in 25 gms of fiber/day
- Decrease sugar intake, only 50-60 gms/day
- Work out HARD 4-5 days/week – Really move for 30-45 minutes
- Work out MODERATELY 1-2 days/week for 30-45 minutes
- Strength Train two times/week as a part of your work outs
- Nose Breath 2-5 minutes/day – full, deep, slow breathing, remove yourself
- Do Not Use Tobacco – Quit Smoking

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