

WELLNESS MONTHLY

Exercise | Nutrition | Happiness

Mocha Almond Krispy Treats

Ingredients:

~ 5.5 cups crispy brown rice cereal ~ 1/2 cup + 3 tbs brown rice syrup ~ 1/2 cup roasted almond butter (drippy kind) ~ 1 tsp liquid stevia extract ~ 1 tsp vanilla extract ~ 3/4 tsp almond extract ~ 2/3 cup chocolate whey protein powder ~ 2 tbs ground coffee or 1 tsp instant coffee ~ 1/8 tsp salt

Directions:

Line an 8x8 pan with parchment paper. In a large, microwave-safe bowl, combine brown rice syrup, almond butter, & extracts. Microwave at 20-second intervals, stirring between each, until warm and runny. Stir in protein powder, coffee, and salt until smooth. Fold in rice cereal. Scoop mixture into prepared pan, and flatten. Refrigerate for 2+ hours, slice, and enjoy! From dessertswithbenefits.com

Workout

12 squat & presses (anything can be a weight!) ~ 10 side bends/side (weight again) ~ 10 push-ups ~ 10 dips ~ 25 walking lunges ~ 4 sets
From @freshfitnhealthy Insta



5 Things NOT to do for a Healthy Summer Body

Summertime is finally almost here! So I've gathered 5 things that you should definitely stay away from to reach those health goals for the summertime, get that summer body we all want, and avoid any fallbacks along the way.

1. Don't fall into the fad diets.

Fad diets- they're everywhere & the results are lousy. Yes, it's totally possible to lose weight while you're following a very strict caloric deficit. But the issue with so many of these fad diets is that they're not sustainable. What happens when you go back to eating carbs after a few months of going keto? Your body goes into a bit of a shock, and most people gain all the weight, if not more, right back. The same thing goes for most of the "diets" out there. And even though you can see weight loss, what's the point of nearly starving yourself for a few months, losing weight, & then gaining it all back once you've reached your goals? Wouldn't you rather learn to lose weight in a sustainable and practical way? To really lose the weight and keep it off? See, the thing about your "diet" is that it's just that, the foods you continuously decide to eat. The

Paleo Chocolate Chunk Cookies

Ingredients:

- ~ 1 egg, slightly beaten
- ~ 1 tsp vanilla extract
- ~ 1/4 cup coconut oil, melted and cooled
- ~ 1/2 cup coconut sugar
- ~ 1 cup almond flour
- ~ 1/4 cup coconut flour
- ~ 1/2 teaspoon baking soda
- ~ 3 oz. dark chocolate, coarsely chopped
- ~ course sea salt, for sprinkling, optional

Directions:

Preheat the oven to 350 degrees F. In a large bowl, add in beaten egg, coconut oil, coconut sugar, & vanilla extract (make sure the coconut oil is cool!). Next, add in almond flour, coconut flour, & baking soda, mixing well to combine & form a dough. Fold in dark chocolate chunks. Use a cookie scoop or large table spoon to drop dough onto ungreased baking sheet. Gently flatten the dough with your hand. Bake for 11-13 minutes or until edges are slightly golden brown. Sprinkle with coarse sea salt & allow to cool on a cookie sheet for 10 minutes before transferring to a wire rack to finish cooling. Makes 12 cookies. From ambitiouskitchen.com

lifestyle & diet that you truly follow every day is what's truly going to help you reach your goals.

2. Don't be too hard on yourself.

We all make mistakes sometimes, & it's best to embrace those mistakes, learn from them & own them. This is not just about a destination, it's a journey. It's not a pass or fail exam like school. The only way you fail is if you give up and go off the deep end because you've made up in your mind that "you've failed" Get that outta your head right now! If at any time we slip up, know that it's okay and it's to be expected. The key is to be able to know why they happened and how we can improve in the future. A good way of not being too hard on yourself is to celebrate the small wins! Lost 1 pound? Maybe take a bubble bath to celebrate. Whatever it may be, don't get hung up on the things that didn't go right. Know that there are many more things that lay ahead that will go right, and focus on that.

3. Don't only focus on the physical or the number.

Don't get so caught up in having the "perfect summer body" (whatever that means), that you totally forget about mental, emotional, and spiritual health & growth. Of course, we all want to look and feel great while we're sunbathing on a nice warm beach this summer. But what's more important than that, is how we FEEL about ourselves, & the way we treat our mind and bodies. Put in the work to reach your summertime goals through eating nutritiously & moving that precious body of yours, but don't neglect any other aspects of your health while doing it. Do things to recharge & make you feel good & at peace with yourself & your surroundings, such as forming a morning routine. Find a deeper WHY than just the number on the scale. Finding a deeper why will keep you feeling motivated much more than a weight focus, and it will keep you going even on the hard days.

4. Don't take advice from the wrong people.

It seems like everyone these days wants to put in their two cents when offering nutrition and healthy advice. When you hear people talk about the latest fad foods, diets, and don't eat this, or only eat that, BE CAREFUL. Most of the time those people have no idea what they're talking about. Though their intentions might be good, a lot of times people just repeat the false advertisements they see on social media and think that it's the one solution to all of their problems... & it's not. So be very wary of what you decide to listen to, take everything with a grain of salt, & do your own research to find out what really

works & what doesn't. Anything that is a cookie cutter program, is not a sustainable, lasting solution. You are an individual. And the nutrition strategies and workouts & healthy lifestyle that will work best for your mom or best friend, are most likely not what will work best for you.

5. Absolutely do not let stress overwhelm you.

This one is huge friends. Stress can be everywhere, and can come from many different places, people, and sometimes all at once. The thing about stress is that it can be even more detrimental than any of the problems you have going on. And it'll definitely hold you back from your goals and from feeling your best much more than any chocolate cake or margarita will. It's a negative feedback loop. Stressing about something causes more stress, and the unhealthy cycle goes on. Stress isn't all bad though, we all have small amounts of stress at any given time, and even a workout is a "stress" to the body! But it's acute stress. And it's the chronic stress that is harmful to our bodies. Plus, over-stressing about things can prevent you from actually getting things done and can be so destructive to your health & your goals. Address and fix the things that are in your power & that you can control, & try not to stress about the things you can't control. If something is truly out of your power, there is no need to worry about it twice. So, when you're feeling stressed out, take a step back, take a few moments to practice some breathing, know that everything will work itself out and be okay in the long run, and work your mind back to peace.

Article adapted from freshfitnhealthy.com