



NATURE NATE'S[®]
NATURAL

GETTING
HEALTHY

THE GET-HEALTHY GUIDE
FOR REAL MOMS BY REAL MOMS



Love YOURSELF

At Nature Nate's Honey Co., we believe in keeping it honest and real. Our ever-growing, on-the-go lifestyles can easily make us the posterchild of busy. We love our families and own our to-do lists like a boss, yet in doing so often aren't sure how to take care of ourselves. Whether you're a secret superhero in yoga pants or a business suit, choosing "real" in your everyday life starts with choosing to love yourself.





What's **HER SECRET**

From the workout dreamer to the everyday enthusiast, we all aspire to attain overall physical health. You might find yourself wondering how the woman next to you finds time to make her personal fitness a priority. The answer is “easier than you think.” It started when she found the courage to say “yes” when it truly mattered. “Yes” to her health. “Yes” to her goals. “Yes” to her potential.

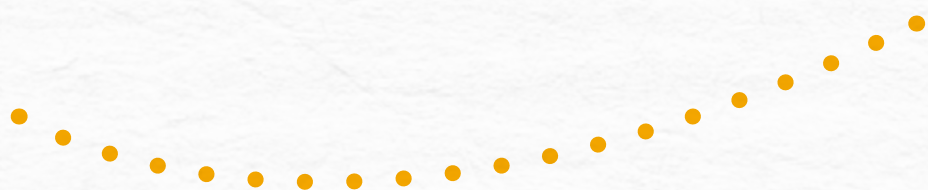
The working moms at Nature Nate’s understand this feeling, and we’re ready to join with you to unlock the secrets in setting goals, finding space and fueling your body and mind for the week ahead.





Setting GOALS

Every woman wants to set and crush goals like it's her job. Can we get an "Amen"?! Checking items off a list just seems to propel us toward our next goal. The beauty in setting goals, however, lies in not only hitting the target, but also learning to enjoy those real moments along the way. Here are a few tips from experts as you start your journey:





1. BE REALISTIC

Start simple. Stay simple.
Give yourself grace



2. HAVE SIDELINE CHEERLEADERS

Invite one or two friends to share in the journey with you. This will provide both healthy accountability and encouragement during your best and your most challenging days.





3. GET THE KIDS INVOLVED

“We make it a family event. We walk or run each day, and my son always wants to stop at the park. Since I want to keep my cardio going, as he swings, I do squats. I push him, squat, and then he’s ready to be pushed again!”

- Michelle, a Nature Nate’s Honey Co. mom





No Shame **IN YOUR GAME**

THERE'S NO SHAME IN USING WHAT YOU HAVE

Is there a space in your home that doesn't have 47 toys? Maybe even a backyard or park close by? Here are a few tips and tricks for making the unattainable attainable when it comes to making space:



OUTSIDE THE WALLS

- Get fresh air by taking a family walk or a quick visit to a park. Schedule time outside and soak up your vitamin D.
- Stay local. Head to the local zoo or arboretum to easily fit in those extra steps. Time flies when you have beautiful things to look at and the kids are entertained.



- Get your steps in by parking further away from the entrance. It's a simple way to add extra steps.
- Make a game of it by tracking your family's activity. Reward activity with fun prizes, outings or mini-vacations.



INSIDE YOUR NEST:

- Consider doing lunges while vacuuming. This will not only get your floors clean, but also allow you to strengthen your abs, thighs and glutes.
- Use your ottoman or a sturdy bench as an effective tool for triceps dips. You can do this great upper body workout in the privacy of your own living room.
- While folding laundry, multi-task with the best of them by doing squats each time you fold a piece of laundry. You can also hold the laundry basket in front of you to tone your arms.
- While cleaning your kitchen, place two paper plates under your feet on the kitchen floor. Each time you reach to clean a counter or move or organize a shelf, do so in the form of a lunge.
- While playing with your baby, squeeze in a few push-ups. Lay your baby on the floor and carefully do push-ups above him/her. Each time you lower yourself for the push-up, give your baby a sweet kiss and watch them grin from ear-to-ear.





Treat **YOUR BODY** *Well*

At Nature Nate's we're all about finding foods to fuel your body without forfeiting flavor. Our mission of "choosing real" is designed to inspire you to trade processed foods for real foods that will make you feel like getting out there and tackling your everyday goals instead of feeling the crash. Because processed sugar is a high-glycemic-index food, you will experience a sugar high and then crash. Raw honey is a low-glycemic-index alternative, without the crash.



HERE ARE A FEW TIPS AND TRICKS FOR MAKING THE RIGHT CHOICES FOR YOUR BODY:



Key Foods

Incorporating specific foods into your daily routine can change everything. Avocados, blueberries, raw and unfiltered honey and bananas all have vitamins your body needs to function. By incorporating these into your daily routine – which will help you remain full – you'll need to take in fewer processed foods, naturally.

Quick tip: Toss raw almonds into a plastic container for an easy on-the-go snack you can pull from your purse while waiting in line.





Water

Your body doesn't want this; it needs it. Did you know that the average adult body is made up of at least 55% water? Water is a key component in regulating body temperature, assists in ridding waste, lubricates joints, and is vital for cell reproduction. The more water you consume, the better.

Quick tip: Drink one glass of water before each meal to curb your hunger and incorporate more fluids into your daily routine, which should be easy.



Balance

By definition, balance is the ability to maintain different elements in the correct proportion. Don't beat yourself up over a cookie (or two). Be as disciplined as you can when you're feeling strong, and treat yourself when you need it.

Quick tip: Preparing meals on Sunday will help curb unhealthy eating habits that might otherwise naturally creep in toward the end of the week. It will also help keep your family meal budget in line.





On-the-Go SNACKS

Don't let "hangry" become a way of life. From on-the-go lunch boxes to creative snack combos, we have you covered.

INSIDE YOUR NEST:

Whether brown bag or sectioned-off Tupperware, packing your container is half the battle. Choose something efficient and cost effective to meet your daily needs.

SNACKS MADE EASY:

When you're stuck in rush-hour traffic or trying to prepare dinner, it can be challenging to have nutritional but



appetizing options that aren't chock-full of processed ingredients. On average, 1 in 10 Americans has 25% or more of their calories come from processed sugar. So, while it is easy to just grab a bag of chips, making snacks at home helps to ensure you and your kids are eating only the best ingredients and not processed sugars that will lead to the dreaded "sugar crash."

RECIPES:



Cookie Dough Energy Bites

Made with creamy almond butter, sweet honey and crunchy chocolate chips, this protein-packed snack provides the perfect pick-me-up. Enjoy these easy, no-bake cookie dough energy bites as a lunch box dessert or on-the-go treat.

YIELD 4 • PREP TIME 10 MINUTES • TOTAL TIME N/A

Ingredients

- 3/4 cup almond butter
- 1/4 cup Nature Nate's Raw & Unfiltered Honey
- 1 scoop vanilla protein powder
- 2 Tbsp quick oats (+ 2 tablespoons for coating)
- 1/4 cup chocolate chips

Directions:

In a small bowl, combine almond butter and honey. Stir in protein powder, oats and chocolate chips. Roll into balls and coat in oats.





Ants On A Log

Bright pomegranate seeds add a pop of color to this simple snack-time favorite. Serve this delectable combination of fresh celery, smooth cream cheese and sweet honey as an after-school snack or fun finger food!

YIELD 1 • PREP TIME 5 MINUTES • TOTAL TIME N/A

Ingredients

- 3 Tbsp mascarpone or cream cheese, softened
- 1 Tbsp Nature Nate's Raw & Unfiltered Honey
- 2 stalks celery (cut into 3" pieces)
- 2 Tbsp pomegranate seeds (or dried cranberries)

Directions:

In a small bowl, stir together mascarpone and honey. Spread into the center of each celery piece. Top with pomegranate arils.



Go-To FOODS

Avocados: These little giants contain a wide variety of nutrients, including 20 vitamins and minerals. They do not contain cholesterol or sodium, and are low in saturated fat.

Honey vs. processed sugar: Processed sugar is not your only option. And thank goodness, because we know what you put into your family's bodies is important to you. It's important to us, too. We're choosing to swap processed sugar and artificial sweeteners for a real substitute: raw and unfiltered honey.

Nuts: This tasty treat is a good way to satisfy hunger between meals so that you don't get "hangry" and decide to eat a whole pizza for dinner.





Fish: Packed with omega-3 nutrients, these finned friends are good for both brain and heart protection.



Whole grains: These carbs give quick energy and provide for mental clarity so you can make it through any busy day. Whole-grain hot cereals like oatmeal or cold cereals that contain whole oats are great alternatives to other sugar-filled cereals.

Quinoa: This secret ingredient can be added to already yummy meals for a boost of protein that doesn't add a taste you don't want. Protein gives you energy to get motivated for small workouts throughout the week.





Whether it's Instagram inspiration, reading a book or simply relaxing in the tub, every mom longs for time and space to recharge her mental batteries. Easier said than done, right? But if we want to be intentional about overall fitness, we must make self-care a priority.

TIPS TO HELP YOU RECHARGE:

- Pursue quiet moments. Whether intentionally blocking out your to-do list in the shower or waking up 20 minutes before the kids, pick a solution that works for you. Remember to stay simple and start small. It will make a big difference.
- Swap the TV for a book/journal. As you seek to recharge your heart and mind, consider unplugging from the noise around you and rest. Reading or journaling can be extremely therapeutic.
- Surround yourself with people who love you. Plan a coffee date or phone call with one friend each week.
- Sleep. Let's be honest, we all could probably use a little more of it. Did you know that REM sleep is critical for creativity, problem solving, critical thinking and memory? While you might be tempted to stay up late to do that last load of laundry, consider heading to bed early. Your body will thank you.



The Nature Nate's family is committed to walking alongside you in your journey to choose real. We truly believe that if you set goals, find space, and fuel your body and mind, your best days lie ahead. So, whether you rock the yoga pants or the business suit, we invite you to make this the best year yet.

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