



# 10 THINGS HEALTHY WOMEN DO EVERYDAY

We polled several of our Milestone Personal Trainers to see what they do every day to stay fit and healthy. These are their top 10 tips!

1. **They Get Enough Sleep** - Most average 7-9 hours per night!
2. **They Stay Hydrated** - Water is a vital part of our life, so it makes sense that healthy women consume more of it!
3. **They Move Their Body** - The human body was made to move. You don't have to do anything fancy. Just move every day!
4. **They Manage Stress** - Healthy women know stress can wreak havoc on your wellness, so they make it a point to keep their stress level under control.
5. **They Have a Plan** - Our trainers are busy! The key to success is planning. Schedule time to exercise and plan meals ahead to avoid grabbing unhealthy snacks.
6. **They Keep Their Heart Healthy** - Heart disease is now the leading cause of death in women. Stay heart smart by eating fruits and veggies and exercising daily.
7. **They Wear Sunscreen** - This one speaks for itself!
8. **They Eat Fiber** - Your gut health can affect your body in so many ways. Make sure to eat enough fiber! Several of our trainers also add a daily probiotic into their regimen.
9. **They See a Doctor Regularly** - Yearly physicals can help screen for early signs of things like heart disease and cancer.
10. **They Avoid the Comparison Trap** - Empowered women empower other women. Don't compare your journey to someone else's. Only help lift each other up!