

"Working together for a HEALTHIER community."

Wanna Lose Weight? Give it 80%!

We have all heard the rah rah speech that we should "give it a 110%"! Unfortunately, when most people try to make a healthy lifestyle change such as eating healthy or exercising more, they try to go from zero or very little effort to 110% effort. The result? 97% of those people who started a fad diet or exercise plan gain their weight back within 3 years. The key to any success is consistency and in order to be consistent you need to build a lifestyle that is sustainable. None of us can give 100% all of the time, but we certainly can do 80%. Thinking about perfection often leads people off course and is why you will find yourself indulging.

Instead, don't make perfection your plan. Work on building a healthy lifestyle where most of the time is spent eating well the majority of the time, then when that piece of birthday cake is set in front of you it can be enjoyed without guilt. In fact, when you are consistent in your healthy habits, that small indulgence is good for the soul. Stay focused on your health but leave a little wiggle room to enjoy life. And remember, a healthy life is a journey, you will need to practice and refine your plan many times over. You may fall down, you may get frustrated, but the more you practice building a consistent and sustainable plan, the more you will learn and the easier it will all become.

FIND BALANCE, BE CONSISTENT, ENJOY LIFE.



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FISH TACOS

5 tilapia (or fish of choice) **meat dept	2 tsp southwest or Tex Mex seasoning **aisle 8
1 tbsp olive oil **aisle 8	Salt **aisle 8
1 lime, juice of ** produce	8 whole grain tortillas **aisle 4
1 tbsp cumin **aisle 8	Olive oil **aisle 8

- Mix Tex-Mex, cumin, lime juice all together in a bowl to make a paste.
- Spread the paste on both sides of the tilapia.
- In a nonstick pan, heat pan to medium high, heat the oil and tilapia. Cook each side and flip. Adding seasoning paste if needed.
- Warm tortillas in a pan on med heat.
- Fill tortilla with fish and toppings of choice.

OPTIONAL TOPPINGS

- onion **produce	- fresh salsa **aisle 4 & 7	- Greek yogurt **dairy
- shredded cheese **dairy	- lime juice **produce	- guacamole/ avocado **produce

Option: Eat on a bed of greens with corn or sweet potato diced for your carb, avocado for your fat and Add salsa as the dressing (also carb).

www.revivedellrapids.com

What is REVIVE RECOMMENDS?

A list of foods recommended by Revive trainers and dietitians. The list will consist of foods that will help you on your health and wellness journey.



Blueberries - PRODUCE Dept



Guacamole - PRODUCE Dept



Egg whites - DAIRY Dept



Ground Turkey - MEAT Dept



FairLIFE Milk (1/2 sugar) - DAIRY Dept



Cucumber - PRODUCE Dept



Black Beans



Whole wheat tortillas



Almonds



***See individual item for serving size suggestion.

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