

# 1 Challenge, 14 Days, 100% NEW YOU

SEE HOW THESE SMALL CHANGES CAN ADD UP TO HEALTHY REWARDS—  
IN JUST TWO WEEKS. USE THE HASHTAG **#14DAYCHALLENGE**  
AND YOU COULD WIN A PRIZE TOO! BY GINA ROBERTS-GREY

## TUESDAY, MARCH 1

### Drink Differently

Not only does staying hydrated help prevent headaches and beat fatigue—it can even aid weight loss. To whittle your waist, research says to drink 16 ounces of water 30 minutes before your three main meals.

**SHOW & TELL** Post a pic of your bottle, mug or glass of H<sub>2</sub>O.

(See box on page 87).



## WEDNESDAY, MARCH 2

### Calm a Commute

Traffic delays and unruly passengers can make getting to work rough. So try to turn the tables today. Create a peaceful playlist to bring tranquility to your train ride, or sniff an essential oil (like lavender) en route to decrease stress.

**SHOW & TELL** Post a pic of how you relaxed your ride today.

## THURSDAY, MARCH 3

### Sleep Tight

Keeping a gratitude journal not only improves sleep quality but can also reduce diastolic blood pressure. Before you hit the pillow tonight, jot down three positives from your day that you're thankful for.

**SHOW & TELL** Post a photo of your gratitude list.

## FRIDAY, MARCH 4

### Please Picky Palates

Tired of trying to tempt your kids' temperamental taste buds with healthy foods? The trick is to make them part of the planning and food prep process. If they're not up to chopping and cooking, have them get hands-on by helping rinse, rip and tear produce, suggests registered dietitian Amaris Bradley at Partnership for a Healthier America.

**SHOW & TELL** Tweet us tips to get kids to work in the kitchen.

## SATURDAY, MARCH 5

### Take It Outside

Avoid the same old scenery on gym equipment by getting your steps in outdoors. Not only are the routes endless, but research shows that just 5 minutes of exercising in nature can boost your mood as well as your self-esteem.

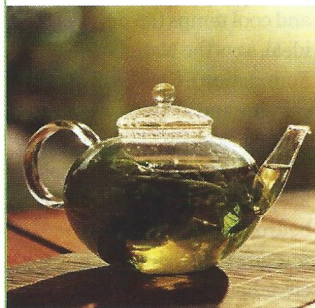
**SHOW & TELL** Post a Nat-Geo-worthy shot of an outdoor stroll.

## SUNDAY, MARCH 6

### Steep Smarter

How you brew your tea determines just how big a health boost your cup provides. White tea lovers should look to longer infusions (there's no limit) to unlock its antioxidant properties. Black tea is best steeped in hot water for as little time as possible to preserve its antioxidants. Green tea, surprisingly, should be cold brewed for at least two hours.

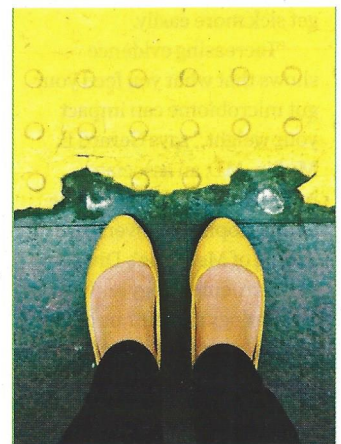
**SHOW & TELL** Post a pic of your favorite type of tea and tell us how you flavor it.



## MONDAY, MARCH 7

### Make a Stand

Desk jobs and TV time are just a few reasons we sit so much. But data shows that women who spend at least a quarter of their day on their feet are less likely to carry around excess pounds. "Being upright may naturally encourage more



movement and burn more calories," says Amaris Bradley, RD, at Partnership for a Healthier America. Keep track of how much time you spend on your feet today.

**SHOW & TELL** Post a selfie of your shoes while standing.

## TUESDAY, MARCH 8

### Give Us Five

Move over, seven-minute workout. Celebrity trainer David Kirsch, author of *Ultimate Family Wellness*, says five will do. Visit [familycircle.com/5minutes](http://familycircle.com/5minutes) to see his high-intensity interval training plan, or follow your own plan for squeezing a lot of fitness into a little bit of time.

**SHOW & TELL** Show us a post-workout glow selfie.

