

The Fit & Fabulous in 90 Days Program

90 Steps to Get You Started

Remember it only takes one small step a day to amount to huge progress over time. And don't worry about trying out all 90 steps. These are just some ideas to get you started. It's a great idea to pick one idea and make that your small step for the entire week. Integrate it into your lifestyle and, over time, it becomes a habit. What other ideas can you think of that would work for you? Add them to the bottom of the list!

1. Drink more water
2. Wait 10 minutes before going back for a second helping
3. Eat an orange
4. Walk somewhere you might normally drive to
5. Carry healthy snacks for those energy drops
6. Take the stairs
7. Start a food diary
8. Consult with a personal trainer
9. Consult with a nutritionist
10. Carry water with you
11. Get a massage
12. Start an exercise journal
13. Pack your lunch
14. Pour snacks in a bowl instead of eating out of the bag/box
15. Enter a fun walk/5K
16. Take a dance class
17. Walk a dog
18. Catalog your accomplishments
19. Turn off the television
20. Work in a garden
21. Help someone move
22. Eat breakfast
23. Eat an apple
24. Educate yourself about nutrition
25. Learn a new exercise

26. Don't "Supersize" it
27. Take a pilates class
28. Order the salad
29. Take cooking lessons
30. Join a social club
31. Recognize why you are eating (hunger/boredom/stress)
32. Forgive yourself for the past
33. Trust your own judgment
34. Meditate
35. Go for a jog
36. Give up your vice for one day (smoking, drinking, being a couch potato)
37. Stretch while you watch television
38. Play with a kid
39. Recall what you physically loved doing at age 10
40. Change negative thoughts into positive ones
41. Cook in cast-iron pots to increase your iron intake
42. Use egg whites instead of whole eggs
43. Walk barefoot on the grass or sand
44. Stop and take some deep breaths when feeling stressed out
45. Meet a friend at the local gym, pool, or park
46. Take a multiple vitamin
47. Clean out the pantry
48. Read a health magazine
49. Read a fitness magazine
50. Read a healthy cooking magazine
51. Cut down on caffeine
52. Visualize what you want
53. Plan your day
54. Write down your daily goals
55. Acknowledge your strengths
56. Identify your limitations and ask for help
57. Identify your limitations and turn them into assets
58. Enjoy nature
59. Ride a horse
60. Practice tai chi
61. Practice yoga
62. Eat only when you're hungry
63. Take a nap
64. Tour the local gym
65. Meet friends for tennis
66. Indulge in a bit of something you crave
67. Throw out your scale

68. Plan your meals at the beginning of the day
69. Sign-up for an fitness event to benefit your favorite cause
70. Schedule and thoroughly enjoy a rest day
71. Take smaller portions, knowing you can always go back if you're still hungry
72. Learn something new: rock climbing, surfing, belly dancing
73. Volunteer to coach a youth sports team
74. Put it in perspective: think about how hard people in the old west had to work just to stay alive and compare that to your current situation
75. Find a role model
76. Find a mentor
77. Post a picture of you at your very best on the bathroom mirror or the fridge
78. Park in the farthest parking space available
79. Write a vision statement of who you want to be and how you want to feel
80. Go dancing
81. Baby sit kids who are between the ages of 2 and 10
82. Eat a banana for an energy boost
83. Buy an exercise or stretch video/DVD/CD
84. Do an internet search for nutrition resources
85. Do an internet search for fitness resources
86. Read "Take Time for Your Life" by Cheryl Richardson
87. Read "When Working Out Isn't Working Out" by Michael Gerrish
88. Read "It's Not About the Bike" by Lance Armstrong
89. Stop eating when you're full
90. Climb a tree
- 91.
- 92.
- 93.
- 94.
- 95.
- 96.
- 97.
- 98.
- 99.
- 100.