

# HOW DO YOU NOURISH?

## *Top Tips to Show Your Body Some Love*

**Change “hate” to “appreciate.”**

**Work on positive affirmations.**

**Nourish your body with fresh fruits and vegetables, whole grains, healthy fats, and lean proteins.**

**Honor your hunger and fullness.**

**Remember that your beauty is NOT skin deep.**

**Pay it forward - Doing something good for other has an amazing way of brightening your own day!**

**Write yourself a bathroom mirror message each day while getting ready.**

**Boost your mood with colorful food!**

**Limit the “selfies” on social media - Take a look at the big picture, and realize you are MORE than just that picture.**

**Stand up a little taller to boost your confidence.**

**Do exercises you enjoy to benefit both your body AND your spirit.**

**Focus on balanced eating, rather than a restrictive diet approach.**

**Write yourself a list of all the amazing and wonderful things your body is able to do!**



## *Pre-Zumba Snacks*

### *to Nourish Your Body...*

If your tummy tends to rumble while you dance, consider a small, healthy snack about 30 minutes before you pull on your sneakers.

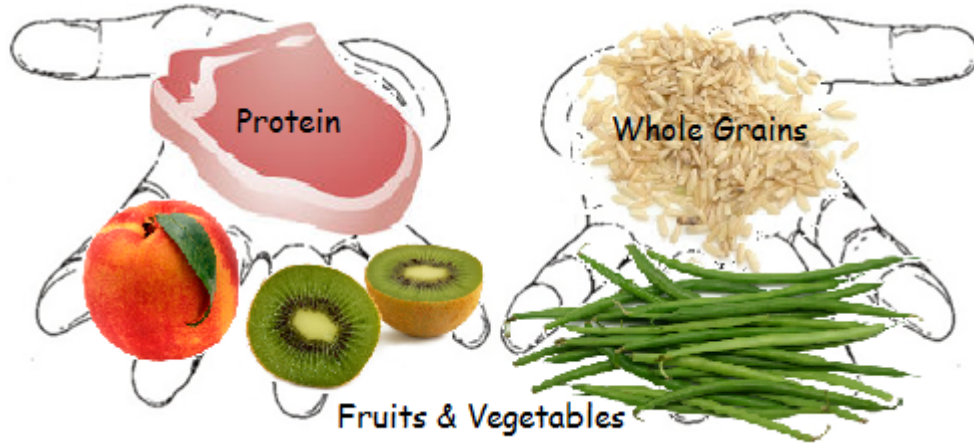
- 1/2 banana with 1 tablespoon of nut butter
- 4 whole grain crackers with 1 tablespoon of hummus and 1/2 cup baby carrots
- 1/4 cup homemade or store-bought trail mix
- 1 single-serve yogurt with 1 tablespoon of granola or raw oats
- 1 granola bar (try to look for one with less than 15 grams of sugar per serving!)
- 1 small apple and a low fat cheese stick
- 1/2 cup dried edamame (soy beans)
- 1/2 cup baby carrots with 1 tablespoon of peanut
- Lettuce wrap with a slice of deli turkey and cucumbers

### *Jackie's Favorite Snack Mix*

- 4 dried apricots
- 10 almonds
- 1 tablespoon of sunflower seeds
- 1 tablespoon of dried coconut
- A sprinkle of cinnamon

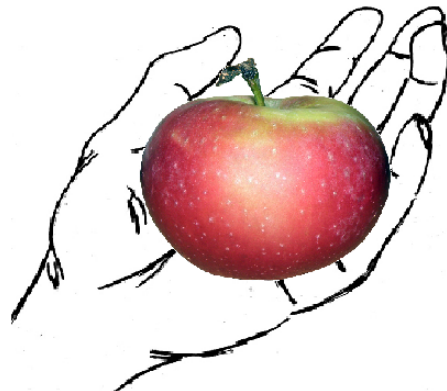
Whether this is your first time at Go Girls Zumba or you're a weekly attendee, its great to have you!  
Please feel free to reach out to the Children's Fitness Clinic of UVA Children's Hospital with any questions or recommendations for how we can make class more fun!

# Make Your Hands Smile with My Meal ☺



Your meal should be the size of your... **TWO HANDS!**  
If you are still hungry... spread out your fingers and add some more **fruits** and **veggies!**

## MY SNACKS



Your snacks should fit in one cupped hand!