



## Fuel Your Wellness

### 6 Simple Steps to Eating Better

02.19.2024

In this episode of The Risers Hub podcast, your girl Nicol shares six simple yet powerful steps to elevate your eating habits and fuel your body for optimal health. Whether you're aiming to shed a few pounds, boost your energy levels, or simply improve your overall well-being, this episode provides practical insights and actionable tips to help you along your journey.

#### **Step 1: Get RID OF Bad Foods, One Bite at a Time:**

#### **Step 2: Embrace the Power of Macronutrients:**

- **Proteins:** Repairs and Builds Tissue
- **Carbohydrates:** Provide fuel for your Brain and Muscles
- **Fats:** Keep your hormones are in check

#### **Step 3: Mix It Up with Colorful Choices:**

- How can you make your plate a little more colorful?
- [choosemyplate.gov](https://www.choosemyplate.gov)
- **What are your favorite colorful fruits and vegetables?** How can you add this to your plate every day?

#### **Step 4: Get Creative in the Kitchen:**

- How can you get creative in your kitchen?
- Do you like to cook and if not, how can you use your kitchen for just 20 minutes a day?
- Who can you invite into your kitchen and have fun with your meals?

## Step 5: Practice Mindful Eating:

- What can you do to
  - a. What are 5 things that causes stress?

## Step 6: Find Your Tribe and Stay Accountable:

- Who are your favorite peeps?
- How can you and your peeps keep each other accountable?



You can find this podcast here at [therisershub.com](https://therisershub.com) OR on our [YouTube](#) channel.

**The Riser's Hub podcast is for Educational and Entertainment purposes only.**

**Nicol Hodges**

[www.therisershub.com](http://www.therisershub.com)

[hello@therisershub.com](mailto:hello@therisershub.com)