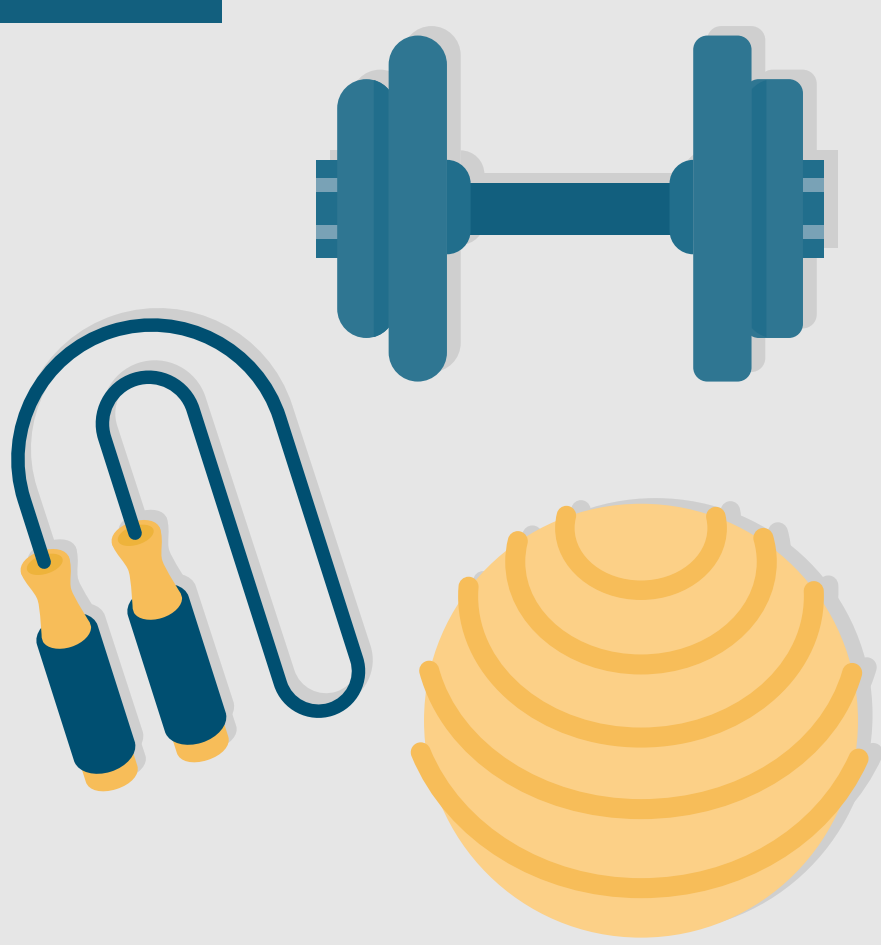


5 Tips to KEEP FIT AT ANY SIZE

Naturally thin people seem to have the luxury of eating whatever they want without gaining weight. But skinny does not always mean healthy. Here are some tips that will help you stay fit at any size.

TIP 1



KEEP MOVING

Exercise at least **three to four times a week**. Mix cardio – such as running, jogging, or swimming – with strength training for a balanced workout.

TIP 2

PRIORITIZE SLEEP

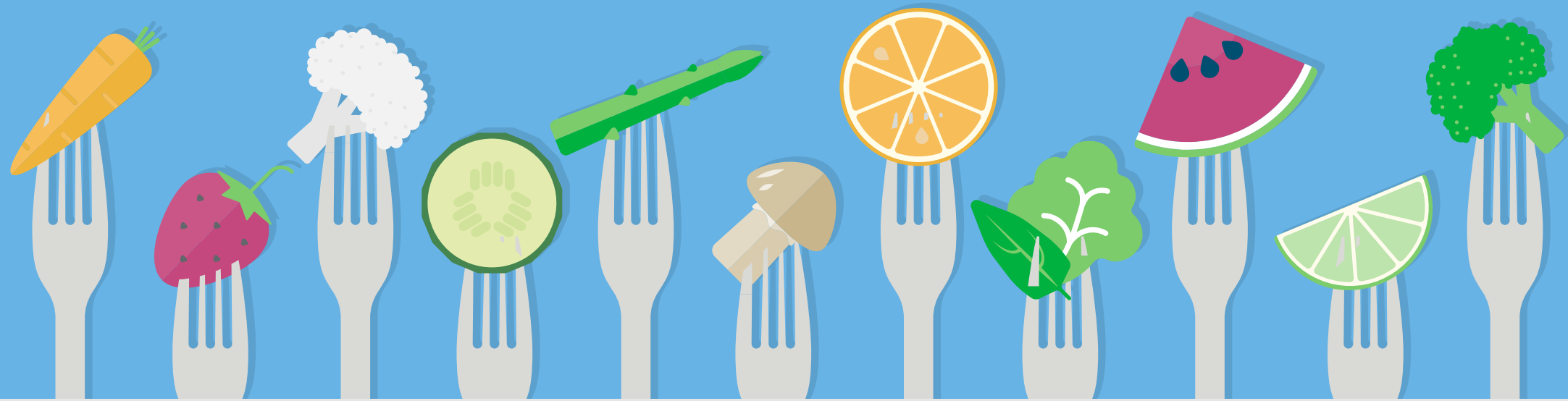
Make sure you get **enough shut-eye every night** and rest when your body is tired.



TIP 3

EAT RIGHT

Opt for **fish and chicken, fruits and vegetables, whole grains, brown rice, and nuts, such as walnuts or almonds**. Avoid fatty, high-sugar, and processed foods.



TIP 4



SCHEDULE ANNUAL EXAMS

Make time for a regular exam with your doctor. Regular physicals can help your doctor monitor your health and potentially **identify a lurking condition**.

TIP 5

INVEST IN HAPPINESS

Focus on having **healthy relationships** with friends and family. Make time to relax. **Find activities that you enjoy. Laugh.**

