

10 Tips to Eat Well & Feel Better in 2025



1. Start your day with protein

Power up with a protein-packed breakfast to keep your energy levels steady and cravings at bay. A smoothie, omelet, or protein pancakes can work wonders! Aim for 20-30 g of protein at breakfast.



2. Hydrate consistently

Drinking enough water throughout the day helps with digestion, energy, and mental clarity. Try keeping a water bottle nearby as a reminder to sip often! Drop the pop and enjoy herbal teas (hot or iced) when you need a change.



3. Incorporate Good Food. Real Results.™

For a straightforward approach to eating well, follow the Good Food. Real Results.™ program for easy-to-prepare, nutrient-dense meals that help you achieve real results. [Learn more.](#) The program is the perfect companion diet for individuals on anti-obesity medications like Ozempic™ and Wegovy™. [Read more](#)



4. Join the Epic Life Challenge

Kick off your wellness journey with our eight-week [Epic Life Challenge!](#) You'll get expert advice, accountability, and community support to help you achieve your goals.



5. Focus on real food

Fill your plate with whole, unprocessed foods like fruits, vegetables, lean proteins, complex carbs, and healthy fats. These foods nourish your body and keep you feeling fuller longer.





6. Plan ahead

Take time each week to plan your meals and schedule. This makes it easier to stick to healthy choices and avoid last-minute temptations.

[Get tips](#) for goal setting to stay on track with your health and weight loss journey.



7. Track your progress

Use the [Epic Life Journal](#) to log your meals, emotions, and achievements. Journaling can boost motivation, help spot patterns, and keep you connected to your progress.



8. Find an accountability partner

Research suggests having an accountability partner is a critical step in supporting success. They'll hold you accountable to your goals and motivate and guide you along the way!



9. Move at least 30 minutes a day

Get 150 minutes of moderate intensity aerobic activity (like walking, strength training, swimming, biking, gardening, etc.) every week, or 75 minutes of vigorous aerobic activity (like running, climbing stairs, circuit training, etc.)



10. Celebrate progress, not perfection

Focus on small, positive changes and celebrate each win. The goal is to build habits that stick and make you feel great, one day at a time!

