

TOP RESOURCES FOR...

CLEAN EATING, FITNESS,

AND WEIGHT LOSS

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TOP RECOMMENDED GUIDE:

The Simple Guide to Improving Your Health with Deliciously Easy Clean Eating Recipes



This guide shows you exactly how you can structure your diet, what meals you can eat, when you should eat them, and - most importantly – it educates you as to *why* you should eat them. It tells you everything you need to start living a healthier life and to lose weight! Grab your copy below...



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When it comes to your goals, no matter if they're to just start eating healthier or if it's to lose a few pounds, I got you! This list of resources is based on those ones that I use personally – so I know they work and why you should check them out! Trust me. You're gonna love this list. ♥ Mikayla

Top Clean Eating Resources

These resources have the power to change your life. Literally. Clean Eating can improve your health, allow you to better manage your weight, and optimize your mind (clarity, focus, etc). Is your goal to lose weight? You should know that 80% of your weight is determined by what you eat (aka “your diet”). What are you eating?



Is it loaded with processed foods, fat, and sugar? If so, it's time to clean that mess up and I'm excited to help you. These are some great sites that have all kinds of recipes and nutritional info on [Clean Eating](#).

1. [Clean Eating Magazine](#) – Bookmark this one! This site is an authority on eating clean. They offer meal plans, delicious clean recipes, and a variety of info on food and health.
2. [Eating Well](#) – This website has healthy cooking tips, recipes, menus, diet and health info, and even videos!
3. [20 Easy Meals for Families](#) - Need some kid-friendly recipes that adults can eat too? The whole family will enjoy these healthy meals. Health.com is an authority in this arena.
4. [20 Clean Eating Recipes for Weeknights](#) - All of these recipes come together in less than an hour and use simple ingredients most people


have on hand or can be quickly picked up at the grocery store. This list comes from yet another awesome website – CookingLight.com


5. [Clean Eating Recipes that Taste Amazing](#) – This compilation comes from Greatist.com, another fantastic website. It includes recipe links for breakfast, lunch, and dinner!

Top Fitness Resources

Are you ready to workout? Alright. Let's do this! These fitness resources are ones I personally use myself and LOVE. Some of these awesome trainers run challenges a few times a year and they are so much fun! With exciting prize incentives, great workouts, complete weekly workout schedules, and trainers that are so inspiring, you won't be able to help falling in love with your new workout routine.

*Each resource below is linked to their **website**, where you will find their **blogs** and an entire community of followers to connect with via their website **forums & social media**).*

1. [Tone it Up](#) – Easily the #1 resource on my list! This site is run by  Karena and Katrina (K+K), certified personal trainers who are so much fun to workout but they're also very knowledgeable, personable, and funny. They offer tons of free info, recipe, and workouts, including your [daily workout](#) that change every day. They also publish a new video on YouTube every Tuesday. I'm a paid member of their Nutrition Plan, which is expensive but packed full of info and tons of recipes. They also have really cute workout clothes, gear, their own protein powder (which is yummy) and so much more.

2. [The Balanced Life](#) – This is such a wonderful resource. Robin Long is a certified Pilates instructor who focuses on finding balance in your life. She offers free workout videos that focus on Pilates, many of which are just 10 minutes long. This is great place to start if you're just starting your fitness journey. I'm also a paid member of the [Sisterhood](#), which is low monthly 

payment of \$13USD. It includes longer, member's only workouts, a private group, and monthly missions that focus on personal growth in different areas of your life (clean eating, time management, meal planning, etc.). Love!

3. [Blogilates](#) – This site is run by Cassey Ho, a certified Pilates instructor and creator of [Pop Pilates](#). She is adorable, bubbly and a little bit crazy (do one of her workouts and you'll understand why I say that... it's a good thing!). She pushes you thru every workout (some of which are often 15 minutes or less) with a smile and good conversation (it feels like you're working out with a friend). She also has a clothing line and fitness gear and accessories – all of which are gorgeous. Love!



4. [The Fitness Marshall](#) – OK, this guy is amazing. Straight up! Caleb Marshall creates *cardio* hip-hop/pop inspired dance workouts and then uploads to YouTube for free. Um. Thank You! He clearly loves to dance and I seriously hope we bump into each other at a party sometime in the very near future (yeah, he screams fun). His workouts are so much fun and his Weekly Playlist changes each week, running about 30 minutes - complete with warm and cool down. It. Is. So. Fun.



5. [Lauren Gleisberg](#) – I'm fairly new to Lauren's community, but am enjoying everything so far. She finds fitness empowering and incorporates weights in most of her workouts. While Tone It Up focuses primarily on video workouts, Lauren primarily focuses on printables and they are awesome if you like to go to the gym. She has her own nutrition plan, which I also have and really love. It's similar in many ways to the Tone it Up Nutrition Plan but is a bit more concise in the delivery of the details and the recipes are a lot more simple. It's also 1/3 of the price so it's a nice option if those things appeal to you.
6. [Fitness Blender](#) – This one is run by Daniel and Kelli, both of whom are wonderfully talented. They offer a ton of free workouts, your own workout calendar, and various workout programs and meal plan options.

Top Weight Loss Resources

Let's face it. Losing weight is hard for most of us! If you start with the clean eating resources above, you will naturally begin to shed some weight. Add some fitness (see the next section) and you'll weight loss goals will be well within your reach.

Here are additional resources that

have some genuinely helpful advice to lose weight. The last 3 are my favorite weight loss supplements, all natural and totally effective. I use 'em personally.



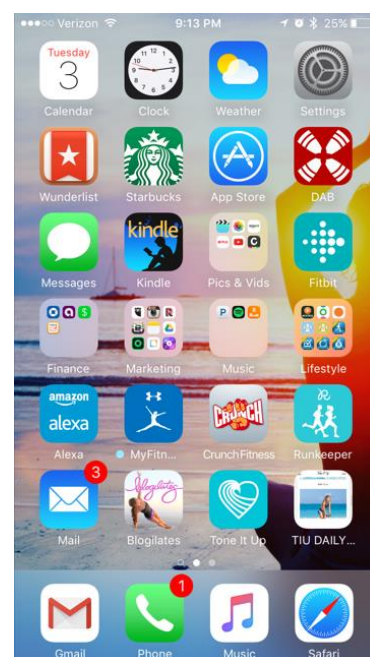
1. [6 Strategies for Weight Loss Success](#) – This is an article from the Mayo Clinic, a trusted source of information that has to do with weight loss and overall health. These strategies are simple yet highly effective.
2. [The Basics of Weight Control](#) – This is an ebook from Medline Plus, a website by The National Institutes of Health. Produced by the National Library of Medicine, the world's largest medical library, it brings you information about diseases, conditions, and wellness issues in language you can understand.
3. [How to Walk for Weight Loss](#) – Walking at a moderate pace for 30-60 minutes burns stored fat and can build muscle to speed up your metabolism. This tutorial tells you how walking burns calories and fat, what walking speed is appropriate, how long and how often to walk, and methods to track your activity. It includes walking schedules and treadmill schedules too!
4. [Skinny Body Max](#) - Skinny Body Max is the new enhanced formula of the massively popular original all natural Skinny Fiber product. You take two capsules with a full glass of water 30-45 minutes before your two largest meals. It helps you feel full faster so you eat less, while helping balance your blood sugar, burn fat, boost your metabolism, and more. If you have a big appetite full of cravings like I had, you'll love this. It helps control your appetite and how much you eat, which for me translated to an easier transition into a clean eating lifestyle.

5. [HiBurn8](#) - Skinny Body Care combined some of the world's most powerful ingredients to help maintain healthy sleep with some of the most researched and documented ingredients when it comes to managing weight, to create a nighttime weight management formula. You take a tablespoon before bed and then you sleep better while helping your body shed fat more effectively. So cool.
6. [FitMiss Protein](#) - FitMiss Delight brings a full day's essential nutrients with quality calories and delivers optimal levels of protein, digestive enzymes, vitamins and minerals using a unique blend of fruits and vegetables. The protein mix **contains whey isolate protein** that digests and absorbs rapidly, along with the newest weight-loss innovation, Solathin. This vegetable-based protein helps you feel full faster. The gluten-free balance of carbohydrates, fats, and high-quality proteins provide sustained energy and appetite satisfaction. Drink FitMiss Delight every day after your workouts or in place of one of your meals and you'll feel more satisfied, and lose weight. This combination of healthy ingredients works together, in a synergistic way, to provide nutritional support for lean muscle tissue, fat loss and increasing energy. I am picky about my chocolate flavored protein powders. This one is my favorite.

Top Mobile App Resources

That is an actual screenshot of my iPhone home screen. You can tell a lot about a person based on a pic of their mobile phone's home screen, don't you think? What do you think you can tell about me by looking at mine?

1. [My Fitness Pal](#) – This one is pretty popular so you might have it already. It lets you track how many calories you're eating each day and lets you log your workouts along with connections to trackers like FitBit. It's extremely simple, you just input what foods you ate and they do the rest. You might be surprised how much you eat.



2. [Tone it Up App](#) - Join Karena & Katrina from Tone It Up for daily motivation, updates, workouts and instant check-in access with the entire Tone It Up Community! Like I said in the fitness section above, TIU is one of my faves. I use this app every day.
3. [Blogilates App](#) - Take the Blogilates videos with you to the gym, cook fun and healthy recipes in the kitchen, talk to other POPsters in the addicting forum, and follow the monthly workout calendar with ease! Plus, there's a secret video each month that can only be unlocked in the app!
4. [Couch to 5K](#) - Get off the couch and get running with the program that has helped thousands of new runners move from the couch to the finish line. Spend just 20 to 30 minutes, three times a week, for nine weeks, and you'll be ready to finish your first 5K (3.1-mile) race! This is the app that helped me learn how to run. When I started, I could barely run down the street. Since then I've run two 5K races. Not fast but I did it!
5. [Runkeeper](#) – Once you start running I recommend this app. There are 5K race trainer and more advanced running plans for when you absolutely fall in love with running. You get route tracking if you run outdoors, stopwatch for treadmills, audio cues, tracking, goal coaching, and Spotify Connect. It's rad.
6. [Charity Miles](#) – Such a cool app. Charity Miles allows you to earn corporate sponsorships for charity by walking, running or biking. Get moving with Charity Miles every day and earn money for your favorite charity while getting health at the same time. Walk your dog, grab a coffee, go for a run, bike around the neighborhood, shovel some snow. You'll help earn money for charity and feel great all day!.
7. [Headspace](#) – This is about self-love, peace, and mindfulness. You need to take care of yourself, which includes rest in both body of mind. Headspace is meditation made simple. This is the simplest most effective way to learn meditation and mindfulness in just 10 minutes a day. They get access to hundreds of hours of original meditations. These include guided and unguided lessons and range from 2 to 60 minutes long.

That's it! I hope you enjoyed the report. Now, with all my heart, I want to wish you success on your journey, unrelenting motivation, and increasingly good health. ♡ *Mikayla*

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