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Greatist <daily@greatist.com>

Wed, Feb 21, 2018 at 2:27 PM

To:



Welcome!

**Welcome to Greatist. We're stoked to have you!
Watch your inbox for the real deal on health and fitness
trends and doable steps for your happiest life.**

Ready to start exploring?

Here's what's trending right now



39 Healthy Breakfasts for Busy Mornings

Many of these healthy breakfast ideas are perfect for packing as snacks too!

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What to Eat Before a Workout: 50 Pre- and Post-Workout Snacks

A full meal isn't always necessary. These simple snack recipes hit the spot.

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67 Healthy Recipe Substitutions

A list of our top ingredient swaps, guaranteed to make that next meal a better-for-you hit.

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The 10-Minute Core-Blasting Pilates Workout

Get a great full-body workout—no fancy equipment or expensive classes required.

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Cooking for One: 25 Insanely Easy, Healthy Meals You Can Make in Minutes

One is no longer the loneliest number in the kitchen.

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33 Cardio-Based Bodyweight Exercises

You don't need a machine to get your heart pumping.

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