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Marathon, Florida



highlymotivated.fc Happy 2022 y'all



This isn't a new thing that I do, starting my day off with 30 fruits + veggies is something that I've been doing for the last three years. Why do I do this?! SO happy you asked!

Here is the short list 😊

- improved blood pressure
- slower resting heart rate
- improved insulin response
- stronger nails, hair and clearer skin
- less gum bleeding and overall improved dental health
- stronger immune response
- decreased inflammation
- better sleep
- less brain fog



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improved dental health
-stronger immune response
-decreased inflammation
-better sleep
-less brain fog
-improved recovery

It's the best most simple change I've ever made and it's made the biggest impact on my health.

Like this post if you want 2022 to be full of happy and healthy 🥰

#healthynewyear #2022
#fruitsandveggies #omegas
#healthy #onesimplechange
#betterhealth

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