



## Get Fit. **Life Tip.** Trail Mix

As the weather gets nicer we spend more time outdoors at the beach, walking, traveling and staying active. Staying on track with your diet can be difficult when you are on the go, but a little pre-planning can satisfy your hunger and give you the energy boost you need to continue on with you day. Making your own trail mix is a great way to have a healthy snack on hand that is customized to your tastes. The basic trail mix contains nuts, dried fruit and grains, providing you with a quick boost of energy (carbohydrates and sugar from the dried fruit/grains) and sustained energy (mono- and polyunsaturated fats from the nuts).

Trail mix is easy to store, nutritious and easy to take on the go, try making your own creation!

Nuts – Almonds, peanuts, cashews, walnuts, etc (roasted, salted, unsalted, honey roasted, etc)

Dried Fruit – Raisin, cranberries, strawberries, apricots, blueberries, etc

Granola and Oats – Plain or flavored

Extra sweetness – Peanut butter chips, dark chocolate chunks, chocolate chips, etc.

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

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