

5 DETOX TIPS TO HELP YOU STICK TO YOUR FITNESS RESOLUTION

If you've sworn to better your fitness levels this year, these tips will help you get started on the right foot

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If your fitness resolutions already seem to be going for a toss, whether it is due to deadlines at work or simply lack of motivation, give these 5 simple [detox](#) tricks a try to help you get back on track.



#1 Eliminate temptation

First things first, the basis for succeeding on your detox is to eliminate all the temptation from your home. Cookies, crisps, frozen [dessert](#)—no matter what it is, hand it over to a charity or friends who need a bit of cheering up. If you don't have biscuits in the house, you're not going to have to stop yourself from reaching out for them.



#2 Plan for the week

Now that you have temptation out of the way, replace the bad foods with ones that are good for you. Depending on the kind of cleanse or detox you are opting for, plan your meals for the week, shop accordingly and stock your refrigerator and pantry. It's a lot harder to stick to a detox if you have to purchase ingredients and fix a meal after or before work every single day. When you have all the fruit and vegetables at your disposal, you're going to have good reason to not order a burger.



#3 Make things flexible

If you think that you can't stick to having only juices for an entire week and find your body protesting, don't be afraid to eat healthy to remedy that. Raw fruits, nuts and vegetables make for great snacks and fill you up too. Everyone needs a different amount of food to function optimally and if your juice or soup cleanse isn't meeting the requirements, you're going to feel cranky and tired and suffer from poor concentration. Don't be afraid to modify the cleanse to suit your body.



#4 Don't neglect water

Even if you're only eating salads and are starting your mornings with cold pressed juice, don't neglect drinking water. It is the easiest way to flush toxins out of your system and is one trick that has the most visible impact.

#5 Avoid extremes

A harsh [juice cleanse](#) or difficult diet may promise the best results, but it is also likely that you'll quit all too soon. If something is just too difficult to keep up with alongside your everyday routine, your patience is bound to wear thin. Opt for a moderate intensity cleanse for best results.

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