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Fashion fitness foodie guide review

Living a healthier life can seem like a high order - nutrition, exercise, inner happiness! But having some friendly advice at your disposal, when and where you need it, makes it easier and more fun. With just one click, these amazing blogs full of tips, tricks and personal stories will inspire you on your journey to well-being. Delish KnowledgeThink of this as healthy vegetarian cuisine, made simple. Writer Alex is a registered nutritionist, and her tips for shopping for ingredients and cooking videos —check out the vegan paella! — are the next best thing for a visit to the office. Vegetarians or anyone curious about lifestyle can consider this blog their initial kit for herbal recipes that vary in ingredients and complexity. The Real Food DietitiansThis blog is for people who love their Instant Pot, Slow Cooker and Whole30 plan. It has recipes for each, as well as tips for efficiency of meal preparation. Not only are there tons of cookbooks from nutritionists, but also you can opt for personalized meal plans. Fit Bottomed GirlsFor those who get frustrated with the status quo and ideals of what we should be, Fit Bottomed Girls offers a refreshing change of pace. The founders, both certified fitness professionals, preach confidence and body positivity. They take a thoughtful approach to fitness, rather than quick results, losing fat in 10 days. His roadmap for a healthier life is a combination of recipes full of nutrition, doable daily exercises and a good dose of meditation. Fit Foodie FindsFit Foodie Finds is a tailor-made wellness blog for serial Instagram crawlers. The beautiful photos of healthy meals are as exciting as making them. Who knew oatmeal could look so pretty? Healthy living posts focus primarily on recipes, but also include exercise (loot, legs, you choose), beauty of -it-yourself (DIY), mental health and relationships. Style conscious readers will also love it, with its gallery array of fashion articles. MompotamusMoms looking for that reliable-I-I-I-been perspective there and healthy ways to take care of their families and they will find it themselves in Mommpotamus. This blog is full of information for pregnant women and first-time mothers, tapping into everything from ultrasound safety to birth plans. You'll also find a wealth of content about motherhood, natural health, clean beauty and more. Toby Amidor NutritionBlogger Toby is a registered nutritionist and author who helps cook your game at home with the latest news on nutrition and food, including ingredient recalls and safety tips. Toby helps you see your kitchen in a new and exciting way and rekindle your love of cooking and cooking. There is a heavy focus on creative meal preparation, with more serious articles on things like food to combat depression. Peanut Butter FingersEssEsto blog will resound with anyone looking for advice from a friend to friend of someone who has built a career around motivating people — blogger Julie is a personal trainer. She puts on her motivational motivational hat Pen posts that go on the topic of beauty routines that she swears by floor exercises that make you feel the burn. Be sure to check your revenue index and workout feeds. The Healthy MavenFor those who want a 360 degree approach to self-care, with advice for improvement in the workplace, home, gym and on the go, look no further. Healthy Maven offers recipes for every type of meal under the sun (salads, sides, soups and more), DIY tips (you'll learn how to make your own yoga mat spray) and quick workouts. If you like where all this is going, there is a supplemental podcast run by blogger Davida with wellness experts for guests. Fitful FocusFitful Focus is ideal for skeptics who need a confidence boost. Blogger Nicole changed her life in 2012, losing 10 pounds and finishing her first marathon, and she could just be the cheerleader you need. The name says it all: stay in shape, be full, stay focused. If this sounds in your alley, you'll enjoy vegan and gluten-free recipes, ab workouts and discount codes for your online shopping list. Bites of WellnessConscious individuals who love a good day of cheating will enjoy this blog that shows how it is made, with easy healthy recipes of 10 minutes and some indulgences such as sweet potato donuts. The content is geared towards food choices that burn carbohydrates and fat, along with life tips to keep metabolism running, as you need to sleep to lose weight. Many recipes are available in e-book format. Nutrition TwinsBusy bees that don't have much free time but still want to stay on top of fitness and wellness trends will love the Nutrition Twins' approach to information —fast and digestible while coming across all the trendy topics. Find exercises to do while sitting in the office chair, quick detoxifications to do at home, and more. There are also articles aimed at long game, such as training your taste buds to enjoy healthy foods. Eating bird food If you dream of having a holistic nutritionist on speed dial, meet blogger Brittany. She has tons of tips for living a balanced life using alternative medications and vegan ingredients. Brittany shares recipes you won't find anywhere (hello, chocolate chia pudding), along with travel stories about healthy goodness in hidden gem cities such as Grand Rapids, Michigan, and Charleston, South Carolina.The Art of Healthy LivingBecky Stafferton is the health enthusiast behind the Art of Healthy Living, a blog written by experts dedicated to information on diet and fitness , as well as beauty and general well-being. You can easily browse this blog based on each of these categories, and you too find reviews for specific diets, beauty treatments, vacation spots and more. Check out the recipes section to help you maintain your own health goals, giving you the chance to try something new. Natural life ideas Adequacy and nutrition are certainly key components for a healthy life, but some may argue that green life is just as important. If you're curious about what a green green it's all about, check out Natural Ideas of Life. You'll learn how to start your own garden as well as other topics related to agriculture, aromatherapy, DIY cleaning products and more. If you are a coffee lover, you can even learn how to recycle coffee grounds used to use in your garden. Nutrition Stripped Nutrition is at the heart of any healthy lifestyle, but starting with the right food plan can be overwhelming. Stripped Nutrition can be a good place to start if you are looking for ways to change your eating habits for those who are more nutritious and conscious without sacrificing taste. Led by nutritionist McKel Kooienga, readers can learn important information about the importance of nutrition and overall health while learning some new (and tasty) recipes. If you want to work with McKel, you can also check out your paid membership opportunities as well as one-on-one coaching. The Plant-Based Diet Full HelpingA is far from limited, and this blog is proof of that. If you're new to a vegan lifestyle or are looking to experiment with more herbal meals, consider using Full Helping as a starting point. This blog is run by Gena Hamshaw, a registered nutritionist who has developed numerous recipes and cookbooks written dedicated to the goal of living life to the fullest (and if your recipe for Vegan Tomato Soup Pantry & Grilled Cheese has made you hungry, you're not alone!). If you are curious about working directly with Gena, you can check out her nutritional counseling opportunities. Fit FoodieAny personal trainer will tell you the importance of nutrition to achieve your fitness goals. In a world that offers more and more convenience fitness foods, it can be difficult to start in the kitchen by making your own food-based meals. This is where Sally and her blog, The Fit Foodie, can help. You'll easily find pre- and post-workout snacks and lean meals, as well as herbal and low-carb recipes to suit a variety of food plans. Sally also offers tips on green living and better working conditions to help complete your healthiest life so far. A healthy slice of life On this blog, former health coach Brittany Dixon explores three important keys to her healthy life: food, family and travel. The food section focuses on healthy but easy-to-prepare meals, which is perfect for busy parents. You can also find a combination of herbal and paleo recipes—focus on the plan that works best for you! Interested in learning how Brittany adapts healthy eating to other aspects of her life? Check out the rest of the blog for tips on parenthood, home education, travel and more. Balanced Black GirlLes Alfred started this blog two years after five writing his fitness blog, The Balanced Berry. She wanted to host an online space where several voices could have difficult conversations about well-being. Les is determined to make the wellness space a diverse community where women of color can find information and stories that their culture and interests. Unlikely MarthaThis is blogger Mimi's virtual balcony, where she invites visitors to join her for tips and tricks that keep home, family, business and social life together and balanced. She offers her opinion on almost every topic for a healthy life and home, including motherhood, travel, home organization, DIY recipes and projects, as well as fashion and beauty. Juggling your roles as a wife, mother and business owner is not always easy. She admits that in a few days it ends up as a mess of high stuff. Its goal is to provide valuable solutions and products that help women get back on their side one day at a time. Ok, DaniDani Faust writes this site of personal development and mastery of life. She wants to empower women to design their own lives to promote healing and lead a happier and healthier life. Dani describes herself as a coach of spiritual life and manifestation. She is also a mindfulness and meditation practitioner and teacher. She also hosts the Manifest It podcast. Sis. She says she can help others transform their lives because she did it herself. Your content talks about how to change energy and touch your inner spirit to manifest the life you want. Ourselves, the Image-Rich Site, offers content, narratives and podcasts that promote mental health and positive coping within communities of color. You will also find resources related to mental illness and treatment. The content ranges from personal narratives to opinions of medical experts. In the Field Notes section, you'll find audio and visual clips from community members around the world answering the question of the month. The podcasts section features interviews with leading mental health experts. BLACThis is the online home of BLAC magazine, providing lifestyle content to African Americans living in and near Detroit. BLAC is an acronym for Black Life, Arts & Culture. While the content covers people, places, and issues of interest to the Detroit community, topics are often of general interest beyond Detroit. For example, take a look at New Readings by Black or Black Women Authors in Hollywood. BLAC became an all-digital magazine during the covid-19 pandemic, starting in April. You can click through the current problem online, as well as browse through other content on the site. If you have a favorite blog you'd like to name, send an email to bestblogs@healthline.com. bestblogs@healthline.com.