

Fitness Secrets: Chia Seeds Are the Superfood You Need In Your Life



By [Haley Lerner](#)

With summer starting, we know you're looking for some [fitness secrets](#) to help you get that [celebrity body](#) you've always desired. Chia seeds are the answer. Chia seeds are a popular superfood that can be easily added to many recipes without affecting the taste of your food. The chia seed is dense with nutrients and provides energy, promotes healthy skin, reduces signs of aging, supports the heart and digestive system, and builds stronger bones and muscles. This amazing seed has high levels of omega-3 and omega-6 fatty acids, soluble fiber, potassium and antioxidants. So, now's the perfect time to add

chia seeds to your diet to help improve your physical fitness and health.

We know you're wondering how to implement this superfood into your diet and life. Here are some ways to include chia seeds in your meals:

1. Top it off: Chia seeds are the perfect healthy topping to add to any salad, yogurt or oatmeal before you hit the gym. Sprinkle some seeds on top of your meal right before you eat for that added kick of nutrition.

2. Chia smoothies: We know your favorite healthy treat is a cold fruit smoothie, so why not throw some chia seeds in to make it even healthier? Add about one tablespoon into your mixture before blending it all together.

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3. Use them for baking: Every health nut loves the occasional sweet treat. To make your muffins, cookies, pancakes and other sweet stuff healthier, throw some chia seeds into your mixtures before baking. They will add a nice extra crunch to your treat.

4. Snacks: Many food stores sell pre-made chia snacks, such as chia-packed energy bars. Throw one of these into your purse or gym bag so you always have a healthy treat to snack on.

Related Link: [Fitness Secrets: 5 Simple Tips to Stay Healthy](#)

5. Incorporate them into your beauty routine: Chia seeds are also great for the outside of your body as well! A chia scrub is the perfect exfoliant that will leave your skin feeling

smooth and bright.

Have any more ways to use chia seeds? Comment below!