

## Weight Loss Tips

1. **PUT YOUR GOALS WHERE YOU CAN SEE THEM.** Start by jotting down your goals, 1/2 to 2 pounds a week is a healthy rate.
2. **EXERCISE DAILY**, for the health of it, but also because it makes weight loss or maintenance easier.
3. **CHOOSE NON-FAT AND LOW FAT DAIRY PRODUCTS.**
4. **SEND TRIGGER FOODS TO THE DOG HOUSE.** Empty out all unhealthy foods from your pantry and drop it off at a homeless shelter.
5. **RESTOCK THE RIGHT WAY.** Purchase healthy versions of the foods you enjoy.
6. **EAT BREAKFAST**, it kicks your metabolism into drive.
7. **WEEKLY WEIGH-INS ARE BEST.** Everyday weight fluctuations are normal and can be de-motivating.
8. **SIP SLIM DRINKS.**
9. **PAIR FRUIT WITH PROTEIN FOR A FEEL OF SATIATION.** Follow RDA guidelines of 2 to 3 servings per day.
10. **WHEN OUT DINING FOCUS ON VEGETABLES AND BROILED OR GRILLED FISH, CHICKEN BREAST, OR LEAN BEEF, WITH LITTLE OR NO SAUCES.**
11. **WHEN OUT DINING WITH FRIENDS WHO EAT POORLY, CONSCIOUSLY ASK YOURSELF, "IS THIS GOING TO SERVE ME *WELL*?"** Will I feel good about my choice later, or tomorrow?
12. **MODERATION, NOT DEPRIVATION.** Split the main course and eat half.
13. **AT WEEKLY WEIGH-INS REWARD YOURSELF FOR SUCCESS, NON-FOOD RELATED.**
14. **MAKE SNACKS NUTRITIOUS AND SATISFYING.** Ex. 10 almonds and an apple.
15. **HAVE A PLAN FOR DINNER AND LUNCH. BE PREPARED AND AWARE.**
16. **EAT PLENTY OF FIBER FOODS AND DRINK LOTS OF WATER.** Ex. Whole grains, lentils, vegetables and fruit.

17. **ACCEPT THAT THERE IS NO QUICK FIX OR EASY WEIGHT LOSS. IT TAKES COMMITMENT AND PERSISTANCE.**
18. **WEEKENDS ARE AS CHALLENGING AS WEEKDAYS TAKE THEM SERIOUSLY.**
19. **EAT IN FRONT OF A MIRROR NOT THE TV.** In other words, stay conscious of what you're doing.
20. **GET ADEQUATE SLEEP.** When you do not sleep your body craves more calories.
21. **VEG OUT.** Think in terms of eating more vegetables daily.
22. **TAKE A MULTIPLE ONE-A-DAY VITAMIN.** Ex. Centrum
23. **SHOP AT FARMER'S MARKETS.** This keeps you out of the supermarket where there are many empty calorie temptations and it gives you an appreciation for the quality of fresh natural foods.
24. **EAT CONSCIOUSLY.** Eat at a table, with a plate, and silverware. Make it count as an event. Be mindful.
25. **CLOSE THE KITCHEN.** Block the kitchen off from your mind, and body, three hours before bedtime.
26. **LIMIT ALCOHOL.** Yes this is about calories, but also about uninhibited eating.
27. **CUT BACK ON SALTED FOODS.** They make you feel bloated by causing water retention and then de-motivate you.
28. **MANY PEOPLE FIND SATISFACTION OUT OF EATING 4 TO 5 SMALLER MEALS THROUGHOUT THE DAY.** Giving your body food burns calories. Eat every three to five hours as needed.
29. **STAY AWAY FROM REFINED SUGAR.** It just makes you want more of it and has little nutritional value.
30. **STAY AWAY FROM WHITE PASTA.** Because it has been stripped of almost all nutritional value, it does not satiate and takes a lot to fill you up. Try a one-half-cup serving of whole-wheat pasta.