

TOP 10 WEIGHT LOSS TIPS

CAN YOU DO IT!

In your journey towards the body of your dreams, following these 10 simple tips will help you succeed by keeping you focused and on the right track.

1. Be positive.

See yourself at the body or weight goal you are targeting. Each night before bed, as soon as you wake up, and at least one more time during the day, say out loud, "I feel terrific. I am eating right, and I am physically active, and I am doing what it takes, and I now weigh _____ pounds or wear size _____, and I look and feel great." Say it with passion and emotion. Envision yourself at this body goal, wearing the clothes you want in your goal size, and say it like you have already achieved it...and you will! Don't worry if you slip, just start the next day with the same positivity, and get right back on it.

2. Do something active on a regular basis.

Just 30 minutes will make a difference. The more the better, but get off your butt and do something! Go for a walk, take the stairs instead of the elevator, walk or bike instead of driving to work. Do something, and if you have a desk job, be sure to get up and walk around every hour.

3. Drink a lot of water.

Feeling hungry? Drink some water instead. Try to drink 8 glasses a day, including one before meals. If you drink cold water, your body will burn calories as it warms it internally.

4. Avoid the three deadly white powders: salt, sugar, and flour.

Don't worry if you can't eliminate them completely from your diet, but cut as much of these poisons as you can. If you need to have some, keep the portions small, and avoid them whenever possible.

5. Eat more veggies!

We know it is hard, but eat more vegetables. The fresher the better. The good news is you can eat as many vegetables as you want because they are that good for you. Not only will this help with weight loss, but it will help your overall health, too!

6. Watch portion size.

Keep portion size small. No serving (except for your veggies) should be bigger than your fist.

7. Eat 5 small meals a day versus 3 big ones.

This keeps your metabolism working all day long, and you will burn more calories and feel more energized throughout the day.

8. Do not skip breakfast.

Studies show this hinders weight loss, rather than promotes it. Be smart about it though, eating fresh fruit, veggies and protein. Remember to avoid the deadly white powders!

9. Don't drink your calories.

Many calories sneak into our diets unnoticed through soda, smoothies, coffee drinks, juice and alcohol. They contain lots of sugar, and provide little to no nutritional value. Drink water or almond milk with meals, and eat fresh fruit unless you make your own. If you do indulge in a high calorie or sugary beverage be sure to adjust for it by cutting back somewhere else or increasing your physical activity to burn off those extra calories.

10. Keep a food diary.

What gets measured gets done! By writing down what you eat and drink, you might be surprised at what you are putting in your mouth. If you are not losing weight, this can tell you why. When tracking calories, always add 10% to what you think you consumed, and remember you have to burn more than you take in. Don't skip this step. Along with being positive, it may be the most important one!

*If you conceive it
and believe it,
YOU CAN
ACHIEVE IT!*



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