

# 12 TIPS TO BETTER WEIGHT LOSS



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## EAT PROTEIN REGULARLY

Eating at regular times during the day helps burn calories at a faster rate. Eating protein first keeps you fuller longer and reduces the temptation to snack on foods high in fat and sugar.

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## GET MORE ACTIVE

Being active is key to losing weight and keeping it off. As well as providing lots of health benefits, exercise can help burn off the excess calories you cannot lose through diet alone.

## DRINK PLENTY OF WATER

People sometimes confuse thirst with hunger. You can end up consuming extra calories when a glass of water is really what you need.

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## USE A SMALLER PLATE

Using smaller plates can help you eat smaller portions. By using smaller plates and bowls, you may be able to gradually get used to eating smaller portions without going hungry. It takes about 20 minutes for the stomach to tell the brain it's full, so eat slowly and stop eating before you feel full. BONUS TIP: Eat till you are 80% full and then stop! Don't take those last 3 bites!

## CUT DOWN ON ALCOHOL

A standard glass of wine can contain as many calories as a piece of chocolate. Over time, drinking too much can easily contribute to weight gain.

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## PLAN AND PREP YOUR MEALS

Plan your meals and snacks for the week and then PREP them. Having food readily available will help you stick to your calorie allowance and reduce bad choices due to being "hangry."

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### GET PLENTY OF SLEEP

Lack of sleep can disrupt hormones that regulate appetite and metabolism, which can lead to weight gain. Aim for 7-8 hours of sleep each night for optimal results.

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### REDUCE YOUR STRESS

Stress can trigger emotional eating and make it difficult to stick to a healthy diet. Find healthy ways to manage stress such as mindful meditation, yoga, deep-breathing, or exercise.

### CONSUME HEALTHY FATS

Omega-3s are essential for energy levels, absorption of nutrients, and prevention of cognitive decline. They also have anti-inflammatory properties to reduce joint pain/stiffness, reduce bad cholesterol to protect the heart, and are the key ingredient in the production of our sex hormones.

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### GET YOUR HORMONES CHECKED

Hormonal imbalances can wreak havoc on your body. For example, thyroid hormones play a key role in metabolism and the production of our sex hormones. If your thyroid is not functioning properly, it can cause sex hormone imbalances, slow down your metabolism, and make it harder to lose weight. In addition, hormonal imbalances can cause cortisol levels to rise. Cortisol is a stress hormone that can lead to weight gain, especially in the abdominal area. To you and I, that's called the dreaded belly fat or spare tire of midlife.

### TAKE YOUR VITAMINS

In the presence of nutritional and vitamin deficiencies, a body will never lose weight. When constantly compensating for missing ingredients, your body will never let those precious pounds go.

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### START TODAY

Every day that you put off making a change is a day that you're missing out on feeling healthier, happier, and more confident. Every day that you choose to make healthy choices is a day that you're investing in your future self.

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