

5 TIPS TO BETTER WEIGHT LOSS



1

EAT PROTEIN REGULARLY

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

2

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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4

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.

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.

5

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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