



TIPS FOR HEALTHY WEIGHT MAINTENANCE

- Everything in moderation! – Weigh your options. If you had a deliciously fattening pastry yesterday, it's probably best to pass on that chocolate cake today. It's ok to indulge once in a while, just don't make it a habit!
- Create a reasonable workout routine – Don't set yourself up for failure. Saying you're going to hit the gym everyday sounds nice, but if it's not reasonable, don't try to do it. You'll just end up feeling guilty. Walk around the block every day, play with your kids for an extra 20 minutes, take the stairs instead of the elevator. It all makes a difference!
- Make small changes – Don't have butter on your toast, have sugar free jam. Instead of pouring dressing on your salad, dip your fork in it before each bite. Drink water instead of soda.
- Fire up the BBQ! – Barbequing is a delicious way to cut down on fat, a George Forman grill does the trick as well.
- Portion size, portion size, portion size! – This is huge, over the past 20 years our idea of a portion size has tripled! Use salad plates instead of dinner plates when eating supper. Never go for seconds unless you are legitimately hungry. Here's a trick, fill half your plate with veggies, ¼ with starch and ¼ with protein.
- Dining out – Avoid foods with the words “fried, sautéed, battered, smothered, etc”. They all mean one thing – fat! Stick to grilled meats and veggies, and always choose a veggie side over a starchy side. When you order, ask for a take home container. As soon as your food arrives, put half in your container and save it for another meal!
- Drink lots of H2O - -Water flushes toxins out of your system, and FYI, a lot of the time when you think you are hungry, you're actually thirsty.
- Cocktail hour! – Stay away from high sugar drinks like beer and coolers; instead choose liquor with a calorie free mix. When drinking wine, mix it with club soda or diet 7 up to reduce the calories.
- Slowdown! – Enjoy your food while you eat it. It takes 20 minutes for your stomach to tell your brain you're full. Take a bite, chew and swallow. Think about how good the flavors are, and enjoy the taste! Try to eat at the dinner table, not in front of the TV. Not only is this good for long term weight management, it's good for connecting with your family.