

tips for success

Making meaningful, healthy lifestyle changes is not always easy, especially as there are many things to learn. Here are a few suggestions to keep it simple.

- ⦿ Stop sugary or diet drinks.
- ⦿ Rid your home or office of unhealthy 'distractions'.
- ⦿ Drink plenty of water: $\frac{1}{2}$ of your bodyweight in ounces is a good rule of thumb.
- ⦿ Understand your hunger/fullness. Take a minute right now. On a scale of 1-10, how full are you? Use this to evaluate your hunger throughout the day.
- ⦿ Listen! Really listen for your body to signal that it's hungry. Don't confuse boredom, the clock, or social activities as hunger queues. Don't eat until you're hungry. In fact, eat when you're between 2-4 on the hunger/fullness scale. Any lower or higher, you're likely to overeat.
- ⦿ Stop eating at about a 6-7 on the hunger/fullness scale.
- ⦿ Stop thoughts that sabotage your success. These thoughts include, "It's only one", "I had a hard day, I deserve this", "I lost weight this week", "I don't want to hurt her feelings by declining", or "I just don't care right now" are common.
- ⦿ Always have a healthy snack nearby – a piece of fruit or a serving of nuts or seeds could be just what you need in an unexpected situation.
- ⦿ Food is either helpful or hurtful to you. Nourish your body with the right foods and be aware of the 'foods' you know are harmful to you in the end.
- ⦿ Don't comfort yourself with food. If you find that you're in need of some, find another way to help yourself. Go for a brisk walk, do yoga, relax & breathe, get some affection from someone or a beloved pet.
- ⦿ Last, but certainly not least, be kind to yourself if you stumble. Getting healthy is rarely a straight-line journey. Strive to spiral up accepting occasional drops. If you fall, be sure to develop a clear understanding of why it happened, so you can avoid a repeat performance. The goal is to keep going!