

TOP 10 TOOLS TO LOSE WEIGHT AND KEEP IT OFF



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1 Be Sure To Stay Well Hydrated. I can't emphasize enough the importance of drinking enough water daily. It is recommended that you drink half your body weight in ounces of water. Commit to proper hydration using Purified Water. Now you can put a lemon or lime slice in the water if you'd like but don't cheat and count your 3 cups of green tea as hydration.

2 Track Your Progress. Weigh and measure every inch of your body before you start to lose the weight. You will also want to take a before picture as awful as that may sound to you now, to remember how far you've come. It is such motivation to be able to look back and see the dramatic changes that take place with your body. Keeping track of your changes is easy.

3 Get Active and Move Your Body. The thought of exercising for some people is enough to make you change your mind. Just remember, you don't have to engage in any formal exercise regimen but you do need to get active and keep moving. Thirty minutes of daily exercise is highly recommended for many health reasons. However, do what feels good for you just to get started. Dance around the house to your oldies but goodies, jog in place while you watch your favorite TV show, place your baby in a child carrier on your back and move throughout the day.

4 Have a Made Up Mind. The first few days of making any change are always the hardest. Your mind wants to take you back to the status quo. So start out with a made up mind that says I will do this. Expect your body to react differently. Pay attention to the cues, keep a journal just don't give in.

5 Choose Healthy Meals and Snacks. Plan ahead when it comes to meals and snacks. Bring healthy snacks along wherever you go. Better to be prepared and not need them, then to get stuck somewhere and not have them. Buy fresh, whole foods and prepare your meals with love. If you have to eat out for some occasion, just make the healthy choice.

6 Get Out and Smell the Roses. Nothing beats fresh air and sunshine. Spend at least 20 minutes a day outside. Take the dog for a walk, play with your children, start a terrace garden, sit on the deck. You decide how you want to interact with Mother Nature.

7 Get Plenty of Rest and Sleep at Night. Nothing sabotages your weight loss progress like lack of sleep. Your body needs time to do what it was designed for at night-rest and rejuvenate.

8 Follow the Guidelines. Do your best to follow the guidelines as closely as you can. Remember, this is not about dieting. It is about developing a healthier lifestyle. So if something throws you off track temporarily, it is okay. Don't worry and don't be discouraged. You are in control and you can get back on track.

9 Stay in Touch With Your Coach. While some friends and family members who truly care about your health and well-being may be helpful and supportive, you will get the best results working with a Professional Coach. A Professional Coach is trained to hold you accountable to your goals and can best work with you to tweak the program for your success. Schedule regular sessions with your Coach.

10 Be 100% Committed to Your Success. Don't let anything get in the way of reaching your weight loss goals. Your health is your wealth. Without it you have nothing.