

7 Steps to Promote Healthy Weight Loss



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Welcome!

These 7 steps have been shown to promote weight loss in a healthy and natural way. Implementing these steps and making the necessary changes will help you achieve and maintain a healthy body weight.

Pace yourself and apply the steps in stages, rather than trying to do everything all at once. This allows you to solidify each step, making it a permanent part your lifestyle. For example, you might want to work on 1-2 new steps each week.

No matter what your starting place is, with some effort and consistent follow through, change is possible. You can do it!



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Step 1:

Make a shopping list and stick to it.

Browsing the grocery aisles encourages impulse buying of food that you don't really need. Stick to your shopping list and you'll get in and out of the grocery store without those extra items.

Step 2:

Increase the vegetable portion of your meals.

Along with being low in calories, vegetables are packed with nutrients that support your body's metabolic processes, so you burn fat more efficiently.

Step 3:

Hold off for 15-20 minutes before reaching for seconds.

Your brain needs time to register that you've eaten, so it can trigger the release of hormones that help you feel satiated. Wait 20 minutes and you'll often find you're a lot less hungry.

Step 4:

Select fruits and vegetables as snacks.

By snacking on these nutrient-dense foods, you'll avoid all those high-calorie, sugar-filled, processed foods that pack on the pounds while providing little to no nutritional value.

Step 5:

Don't eat while you're busy doing other things.

Be a mindful eater; focus on your food and enjoy it! Distracted eating leads to overeating; with your attention focused elsewhere, you're unaware of how much you're consuming.

Step 6:

Drink 8-10 glasses of lemon water daily between meals.

Water helps your body eliminate the waste material generated during weight loss. Lemon juice enhances this process; it supports liver health and helps to purify the blood and flush out toxins.

Step 7:

Use food to feed your body, not your emotions.

When you're tempted to reach for your usual "comfort" food, ask yourself why you're eating. If you tend to be an emotional eater, look for alternative ways to manage your emotions.



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