



Tips for Successfully Achieving Permanent Weight Loss

Now that you have made the commitment to change your lifestyle so that you can safely and effectively lose weight, here are a few simple tips that will help you not only reach your weight loss goals, but will also help you keep that unwanted weight off for life. Follow these simple tips to make your journey easier.

- 1. Set realistic weight loss goals. Remember that a healthy and safe weight loss is 1 to 3lbs. per week. If you set unrealistic goals, you are setting yourself up for failure.**
- 2. Be Commitment and remember this is for YOU! Not for your partner or kids or for anyone else but YOU!!!**
- 3. Be prepared to pay attention to your behaviors and be willing to change your habits. Little changes will lead to big results.**
- 4. When you think you are hungry, stop and ask yourself if you are really hungry or if your thoughts are influenced by emotions or negative triggers. "1-2-3 What Am I Feeling?"**
- 5. Listen to the signals your body is sending to your mind and stop eating when you are comfortable. Don't wait until you feel full.**
- 6. Eat slowly and deliberately chew each bite of food. Enjoy the flavor, textures and aroma. Meals should take 15 to 20 minutes to consume.**
- 7. Serve yourself smaller portions on smaller plates and ask for a takeout container when dining out so you can save half your meal for another time.**
- 8. Put your utensils down between bites and place your hands in your lap.**
- 9. Don't be afraid of waste. You don't have to clean your plate. Whatever you eat also turns to waste, and most of the time ends up on your WAIST!**
- 10. If you cheat, you are only cheating yourself. Remember even minor setbacks are still learning experiences. Be grateful for both your failures and your success. This is a journey and you will be successful as long as you don't give up!**