

1. WATER

Drink lots of it. Before meals & between meals. Dehydration often masks itself as hunger.

2. EAT YOUR CALORIES

Don't drink them, except for healthy smoothies. No sodas (even diet) or most juices. Eat your fruit when possible, the extra fiber helps you feel full.

3. USE SMALLER PLATES

And a bigger spoon or fork. Trick your body into thinking you are eating more food, if you see a plate filled with food your brain thinks "Wow I just ate a whole plate of food"

4. PILE UP YOUR FOOD

Heap your food into a tall pile, same philosophy as above, a tall pile of veggies looks much bigger.

5. VEGGIES FIRST

Put your vegetables on your plate first, they should cover about half of it.

6. MAKE IT LOOK BIGGER

If you eat half a chicken breast and save half for another meal, cut it the long way so it looks bigger.

7. SPICE IT UP!

Spicy food fools your taste buds into being more satisfied with smaller amounts.

TIP: sprinkle popcorn with a spicy pepper blend, delicious!

8. NO FAD DIETS

Starvation mode freaks your body out so that it holds onto every fat cell for dear life, in case you need it later.

9. LOVE YOURSELF

If you don't love yourself heavy, you won't love yourself skinny either. It's not a magic fix-all for problems, you did not get heavy overnight, you will not lose it overnight either.

10. CHANGE YOUR LIFE

There is no magic cure, the **ONLY** way to lose weight & keep it off is to consistently burn more calories than you take in. It's a life change, not a 2 week change

12 TIPS TO SHED POUNDS

Brought to you by  PositiveMed

11. MAKE IT A MANTRA

"Today I will eat food that nourishes my body and makes me feel good, I will do some gentle exercise to stretch my muscles, because I deserve the best I can do for myself"

12. KEEP TRACK OF INCHES

When you think you have hit a plateau in weight loss its your body exchanging fat for muscle, muscle tissue is half the size of fat and burns calories more efficiently.

Extra Pounds Guideline Of Minimizing Your Extra Pounds

S Ashworth



Extra Pounds Guideline Of Minimizing Your Extra Pounds:

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