

## *Wellness (Biggest Loser) Strategies*

- Take photos monthly (January, February, March, etc.)
- Weigh yourself no more than weekly
- Measure your mid-section with a tape measure, right at belly button, sometimes belly gets smaller before weight goes down and mid-section size directly correlates to good health
- Exercise – move your body, walk, strength train – 20-30 min or more/day, 4-6 days/week
- Cut down on portion size, share an entrée and avoid buffets, use a smaller plate
- Cut out fried foods, cut back on saturated fats
- Do NOT eat in front of the television
- No more white carbohydrates (pasta, breads, chips)
- Cut back on or cut out sugars, i.e. no soda with sugar
- Increase dark green & orange veggies (i.e. broccoli, spinach, asparagus, sweet potatoes)
- Drink  $\frac{1}{2}$  your body weight in ounces of water daily
- No carbohydrates, except veggies & fruits after 6 pm (4 hours before bedtime)
- No calories 2 hours before bed
- Rest/Relax – sleep 6-7 hours/night, schedule “down time” – we crave carbohydrates when we are tired
- Take one meal per week off, RELAX – let yourself have something you really want, then “back on the wagon!”