Tip of the week **- “Succeeding with weight loss”**

This week’s tip is more of a “pot of ammunition” for weight loss and how to achieve success when trying to shed those pounds.

Try following some of these steps and you’ll feel much better equipped to take control of your weight loss.

* Evaluate your eating habits. Eating too late/finishing kids meals etc.
* If you fail to plan, plan to fail. Pack healthful snacks in the bag/car/office and plan your meals
* Always shop with a full belly and with a prepared list
* Eat regular meals – This will prevent bingeing
* Eat your food sitting down at a table, and from a plate - enjoy your meals!
* Eat slowly, chew every bite, and savor the taste of the food
* If you feel hungry, have a glass of water (dehydration is often disguised as hunger)
* If you snack during the day, treat the snack like a mini-meal. The most nutritious snacks contain complex carbohydrates and a small amount of protein and fat.
* Start your day with breakfast. After a long night's rest, your body needs the fuel to get your metabolism going and give you energy for the rest of the day.

Try it. Stick to it. See the results.