Tip of the week - **Eat …….Regularly!**

Many people think the key to losing weight is to simply decrease their calorie intake. When you start to eat less, your metabolism will slow down in order to conserve energy…..so if your focus is weight loss here’s the deal:

* Don't go too long without eating (four hours without food is a reasonable maximum)
* Don't skip meals
* Always eat breakfast (where possible, within an hour of rising)

These strategies will keep your blood sugar stable and your cravings under control.