

## Smart Ways To Slim Down

- Eat breakfast, lunch, and dinner- skipping meals can set you up for overeating at snack time or at your next meal. Studies show that people who eat regularly eat fewer calories.
- Pack snacks- whether you're at work, at the mall, on a trip, or in the care, keep yourself armed with healthy snacks to help you resist the fat and calorie laden snacks in the break room or in a vending machine.
- Team up- enlisting a partner or friend can help your motivation and help you stay on track.
- Start writing- Keeping a food log (and exercise, too!) not only helps chart your progress and keeps you accountable but it's also a great way to spot minor slips in your routine before they become major problems. Free apps like My Fitness Pal are a great way to stay accountable.
- Compliment yourself- treat yourself as you treat those you love. Focus on your successes, not failures, and give yourself credit every day.
- Be a little selfish- you need to make time for yourself if you want to achieve your goal.
- See your plate like a clock- fill 9-12 with whole grains, 12-3 with lean proteins, and 3-9 (half your plate) with vegetables
- Make all eating conscious- before you stick a bite of something in your mouth ask yourself why you are eating- are you really hungry or is there something else going on?
- Lift weights- resistance training builds muscle which boosts the calories the body needs to run throughout the day- making weight loss easier. Also, women over 35 are losing muscle every year and possibly bone as well which makes lifting weights even more important. Aim for three times a week.
- Have a winning attitude - Create a soundtrack in your head - "I can do anything I put my mind to."