



# Public Safety Health and Wellness

## Tips to Loose Fat Successfully

1. Write down what & when you eat or drink, everyday & **WHY!**
2. Schedule & plan your meals – eat every 3-4 hours, breakfast, snack, lunch, snack, dinner and optional snack. Or meal 1, meal 2, meal 3 meal 4, meal 5 and optional meal 6.
3. Follow your calorie needs. You know what they are, you want to loose, **FOLLOW THEM!**
4. Divide your calories by the number of meals & snacks, and adjust accordingly. Your breakfast or lunch should be the largest, dinner smaller, and snacks should be the smallest.
5. Drink plenty of fluids, have at least 8 oz 10 minutes before a meal and at least another 8 oz of water with your meal.
6. Always read food labels. If you cannot pronounce the ingredient or do not know what it is, put it back. Buy real food, as natural as possible.
7. Eat slowly and with family or friends. It takes about 20 minutes for your brain to register that you are full. By the time it lets you know, it's too late. Eat with others and converse. It will slow you down.
8. Put your silverware down between bites. This too will slow down your eating.
9. Stay away from foods that may tempt you into overeating or eating the improper foods for your goals.
10. When you grocery shop, do not buy the junk foods, treats or other normally fattening foods.
11. Make a list of pleasurable activities that **DO NOT REQUIRE FOOD.**
12. Be consistent with exercise and cardio. An hour a day will give you back years of life that are livable.
13. Think positive, fit and healthy thoughts. If you believe it, it will happen.
14. Reduce stress as much as possible. Stress raises cortisol levels.
15. Get at least 7 hrs of sleep a night. It's hard to cheat and eat when you are not awake. Proper sleep also reduces cravings and appetite.
16. Remember the dedication and hard work to get you to your goal weight has to continue to keep you at that weight.
17. Consistency is key for weight loss, the more days you follow your assigned regimen the sooner you will see results

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