

More Ideas You Can Use to Make Healthy Eating & Fitness Easy

- Make your food beautiful
- Don't skip meals
- Prepare your meals in advance
- Make healthy food visible
- Pack nutritious snacks
- Do weekly weight checks
- Power up breakfast with protein
- Pile produce on your plate
- Eat your veggies first
- Drink more water
- Keep a food journal
- Eat a protein and fiber-rich breakfast
- Don't deprive yourself
- Plan to eat at home
- Eat with intention-ask yourself if you are really hungry
- Make small changes
- Slow down and use all your senses when you eat
- Find ways to move more during the day
- Set a small, reasonable goal, one goal at a time
- Get a good night's sleep
- Focus on the positives
- When dining out as for a to-go box when the food gets to the table
- Treats meals must be planned- no treating on a whim
- Never drink calories. Drink water, tea or plain coffee

- No more fast food
- Avoid processed foods
- Log everything whether it will push you over or not
- No diet soda- no fake butter- no donuts
- Don't eat on the run
- Don't let a bad food day or an I-skipped exercising break your stride
- Remind yourself this is a lifestyle change, not a diet so make choices you can live with
- Don't overcomplicate what works
- Don't quit- You are not a quitter!