

WEIGH

In On Your Health!



5 Tips & Tricks for Weight Loss and Maintenance

1

Meal Preparation

Pick a day for prepping yummy meals for the week and always pack snacks to ward off those trips to the vending machine. This will help to curb cravings and keep you fueled throughout the day. Your most important SUPER tool is tupperware.

2

Log Your Food

Find an application like "My Fitness Pal" that makes it easy to track what you eat. This is a SUPER tool, because it helps you find healthy options even when you are out with family or friends.

4

Stress

Stress produces a high level of cortisol which is linked to weight gain and decreased metabolism. Learn to prioritize your plate and set healthy boundaries. Your SUPER tool is the word "NO."

3

Sleep

Getting 7-8 hours of sleep will help you reduce cravings, give you more energy, and lessen both anxiety and stress levels. Your SUPER tool is QUALITY sleep!

5

Exercise

Twenty minutes is better than no minutes. Moving your body five times per week will improve health. Your SUPER tool is consistency.

For more SUPER STUFF visit us at: www.leadlikeagirl.com