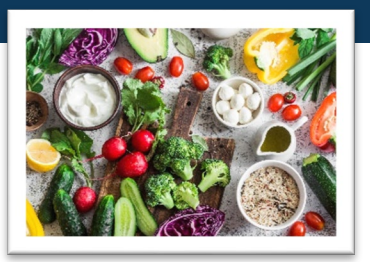
Weight Loss Tips

Many of us know that to lose weight, we should eat foods that are lower in calories and packed with more nutrients. Eating this way provides our bodies with everything we need to complete all of life's tasks. It also helps us reach our weight goals. But how do we continue to feel full while eating fewer calories? Here are some tips to help you fight hunger and stay full longer.

1 **Plan Your Meals.** Planning your meals helps you control what you put in your body and how much.

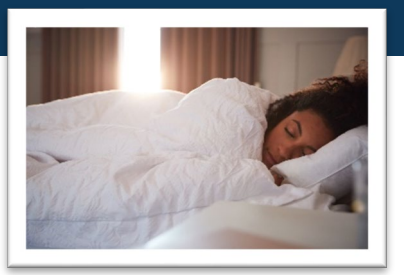


- Take time regularly (at least 1-2 times a week) to think about what you'll be eating and when you can go to the grocery store.
- Schedule what and how much you eat around your activities. Eat more before you plan to move your body, eat less when you plan to sit or rest for longer periods.
- Pack your homecooked meals and snacks whenever possible.
  - Keep nuts and dried fruit in your desk or purse so that you have a healthy snack available when you need one.
- Try not to eat within two hours before going to bed.
- Planning to dine out? Look at the menu ahead of time and choose the healthier option before you arrive to prevent hasty decisions. And eat your vegetables first whenever possible!
  - For larger plates, ask the waiter to pack half your dish to-go before serving you.

2 **Eat Regularly.** Stick to the same eating schedule throughout the day to keep your body in check.

- Your body is designed to keep you alive. When you don't eat for more than four hours, your body begins to prepare itself for starvation. It does this by holding onto fat, which can reduce your ability to lose weight.
- Long periods without eating also causes blood sugar to drop, which leads to cravings for high fat and high sugar foods. This makes it much harder to stick to your meal plan.

3 **Get Enough Sleep.** Make sure you get 7-8 hours of sleep every night to help reduce cravings.



- Your body repairs itself from the stresses of the day during rest.
- Interrupting that process can leave you feeling tired and more foggy, increasing the chances of making poor diet choices.
- Lower amounts of sleep also increase cravings for high calorie foods.