

## 1. Eat five to six small meals per day.

- Start by eating a healthy breakfast. Many people trying to lose weight skip breakfast and eat a large lunch instead. Research shows that people who regularly skip breakfast are 4.5 times more likely to be overweight than those who eat this important meal. By eating 5 to 6 small meals per day, you can help boost your metabolism without storing fat.
- Once your body gets used to eating every three hours, it will get full on smaller-sized portions and not require so much food. One tip is to cut your lunch sandwich in half and save the rest to eat three hours later!



## 2. Stop drinking sodas!

- Cutting soda out of your diet completely can save the average person 400 calories or more each day.
- Diet sodas have been linked to weight gain! An eight-year study conducted by the University of Texas found that there is a 41% increase in risk of being overweight for every can or bottle of diet soft drink you consume!
- Some sodas contain a substance which has been shown to block a hormone in your body that helps control cravings. Without that hormone you crave more carbohydrates and gain weight.



## 3. Get regular exercise!

- Exercise is important if you want to achieve long-term weight loss. In order for exercise to be helpful in weight loss, you should strive for a minimum of three 30-minute sessions per week of some type of aerobic exercise.
- The health benefits of regular exercise include reduced risk for heart disease, stroke, osteoporosis and diabetes. Exercise may also help to reduce stress, anxiety and depression, which can be brought on by dieting itself and can lead to overeating.
- Try to incorporate some daily exercise into your hectic life. For instance, take the stairs instead of the elevator, park further away or even have three 10-minute exercise sessions per day.

