



Things You Can Do

★ EXERCISE

- Your heart rate needs to be 20 bpm (beats per minute) higher than your average heart rate.
 - Start slowly at 10-15 minutes per day
 - The goal is 60 minutes daily!
- Walking and jogging are easy and can make a huge difference
 - Take your kids, grandkids, or puppy to make it fun!
 - But any exercise that increases your heart rate is ideal
 - Biking, treadmill, or upper body exercising
 - Vary your exercises so you don't get bored
- You get bored, try listening to a new podcast, music, or book to distract you.
- It is easier to do with a buddy; include people at work, in the neighborhood, friends, and/or family
- Even if you don't feel like it, do it anyway! That's when you break your limitations and will be the most proud of yourself
- If you have a hard time with self discipline, try a personal trainer or exercise classes that are guided by an instructor!

★ BEHAVIOR

- Try meal planning- plan your healthy meals and snacks ahead time
- Drink 12-24 oz glass of water, sugar free ice tea, crystal light or diet soda before (not during) every meal and snack.
 - No sugar containing liquids (including juice and sports drinks)
 - Consider eating a light, healthy snack while you drink this to help fill you up.
- Eliminate gluten as much as possible (it raises your inflammation levels). Also work to eliminate processed and fried foods
- Eat in a caloric deficit (about 25% less than usual)
- No excess food on the kitchen/dining table (no large dishes/platters/bowls of food). Only food available is on your plate!
 - Wait 10 minutes before you get seconds
- Finish eating 2 hours prior to bedtime
- Keep a food diary!
- When eating out, the same rules apply, so plan ahead!
 - Ask for a to-go container as soon as the food arrives and remove 50% of the your food from the plate (restaurants tend to over serve you)
- Plan out goals and reward yourself (with non food prize) !!
 - It's important to keep yourself motivated