

10 MUST HAVE TIPS TO JUMP START **WEIGHT LOSS**

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Have you gained weight and nothing you try makes a difference? If you want to **lose weight** and **keep it off**, get started now with these **ten tips**.

1 — KNOW YOUR WHY.

Get in touch with WHY you want to lose weight. Do you want to fit into a dress for your daughter's wedding? Want to keep up with your children or grandchildren? Keep your WHY front and center.

2 — GET A PHYSICAL EXAM.

Visit your healthcare provider to discuss your plans for exercise and diet changes and evaluate your overall health. Did you know estrogen makes it easier to maintain weight and control belly fat in menopause?

3 — TOSS THE JUNK FOOD.

Go into your food pantry and refrigerator and throw out all the junk food. Yes the cookies, the candy, the sugar-sweetened cereal and drinks, and the processed food. Replace them with whole foods.

4 — DOWNLOAD A FOOD APP.

I like MyFitnessPal.com. You will discover how many calories you're eating and what percentages are proteins, fats and carbohydrates. If you don't track, you can't stay on track.

5 — BUY A PEDOMETER.

You can also use a Fitbit or a cell phone app. That's the easy part. Now walk as close to 10,000 steps every day as you can. Take a last look after dinner. If you haven't made your quota, there's still time to walk around the block.

6 — GET A BUDDY.

No, this is not, "Misery loves company." People do better with someone to motivate them and keep them accountable. Someone you know is looking for someone like you.

7 — MAKE A SCHEDULE.

If you don't *make* time, you won't *take* time. So put an *exact time* to exercise on your calendar. And then stick to it. In 21 days you'll have a new habit.

8 — EAT MORE FRUITS AND VEGGIES.

Fruits and veggies should cover half of your plate each meal, ideally with more veggies than fruits. Fruits and veggies also make great snacks.

9 — BAN SUGARY DRINKS.

If you want a soda, *fuhgeddaboutit!* Discover the taste of a glass of water with a slice of lemon, lime or orange in it. Delicious! **And drink a glass of water before each meal.** Water helps fill your stomach so you feel fuller and eat less.

10 — SLEEP LIKE A BABY.

You need at least 7 to 8 hours of sleep a night for peak performance. Too little sleep causes hormonal changes that can add pounds. So make getting your zzzz's a priority.