

10 Simple Guidelines for Fat-Loss

1. Eat 4 – 6 small, healthy meals throughout the day. Don't skip meals!
2. Cut out (or at least limit) simple sugars (sugar, honey, jam, jelly, fructose, etc.).
3. Drink mostly water and lots of it (at least eight 8 oz. cups per day, more with exercise)
4. Eat healthy foods (raw vegetables, salads, fruits... and lean meats if not vegetarian).
5. Limit complex carbohydrates (rice, pasta, breads, cereal) to those you need for energy.
6. Eat foods high in fiber. Fiber makes you feel full longer and aids in bowel movements.
7. Take a high quality multi-vitamin and multi-mineral supplement daily.
8. Reduce your stress. It causes weight gain!
9. Exercise regularly.
10. Form specific, measurable, public, rewarded fat-loss goals.