



## 10 TIPS TO MANAGE AND/OR MAINTAIN WEIGHTLOSS

1. Make water your main drink.

For people trying to lose weight, soft drinks and even juice are not helpful.

2. Weigh yourself once a week and write it down.

This 'catches' any weight gain and also helps you to learn what is helpful and what is not.

3. "Screen time" is sitting around time.

Watch how much time you spend in front of a screen. It does contribute to weight.

4. Give yourself credit.

Jot down the healthy behaviours that you *ARE* doing. These are worthy of your attention!

5. Eat breakfast.

Yes it's a basic but hard to lose weight unless you do it.

6. Have a flash card where you write your weight loss advantages.

Keep a small card in your wallet where you write what are the good things about you losing weight. Everyone needs these reminders in a world where it is so easy to gain weight.

7. If it's not in the house then you can't eat it.

Humans are very influenced by their environment and what is easy to get hold of.

8. Plan ahead for the next meal.

Being on the run often means more kilojoules.

9. Use small plates.

Put what you are going to eat on a small plate and then move away from the food!

10. Know your excuses and watch out for them.

There will be some reasons which pop into your head. Common thoughts are "I deserve this" or "I'll work it off later".

You don't have to believe the excuses which will pop into your mind.