



WEIGHT LOSS DO'S AND DON'TS CHECKLIST

Ready to tackle those extra pounds? Start with a plan. The more you prepare for your weight loss journey, the more successful you'll likely be. Follow these "do's" and "don'ts" to get started.

DO'S

- KEEP A FOOD DIARY**
People often underestimate how much they eat in a day. Write down what you eat and when you eat it to account for all meals, snacks, drinks, and desserts.
- DRINK PLENTY OF WATER**
Drink at least 6 glasses per day to stay hydrated, feel full, and increase the rate at which you burn calories.
- MAKE A MEAL PLAN**
Create a menu of healthy foods for the week. Take it with you when you shop, and only purchase items on the list so you stick to it.
- EAT FIBER**
Keep your gut healthy and burn more belly fat with plenty of fiber. Find it in almonds, flaxseed, and veggies.
- SCRAP JUNK FOOD FOR HEALTHY FOOD**
Swap potato chips for popcorn and bacon burgers for grilled salmon. Fill your plate with veggies, whole grains, and lean meats to increase your metabolism and stabilize your blood pressure.
- EAT SOME FAT**
Healthy fats, like Omega-3 and Omega-6, help you burn body fat while maintaining muscle. They'll make you feel fuller and may reduce your absorption of carbohydrates.
- WATCH YOUR PORTION SIZE**
Eat less at mealtime or try eating smaller meals throughout the day. Fruits and vegetables should fill half your plate, with grains and protein on the other half.
- SLEEP BETTER**
A good 7 - 8 hours of sleep helps regulate your appetite hormones, so you recognize when you're full. Lack of sleep can decrease your metabolism.
- EXERCISE**
Regular physical exercise is imperative for weight loss success. It burns calories and increases lean body mass to rev up your metabolism.
- ADD VARIETY**
Find a wide range of healthy recipes and foods to try. Sticking with the same few foods can get boring and may drive you to make unhealthy choices.

Checklist Weight Loss

**Stanley P. Brown, Wayne C. Miller, Jane
M. Eason**

Checklist Weight Loss:

Whispering the Techniques of Language: An Mental Quest through **Checklist Weight Loss**

In a digitally-driven earth where displays reign supreme and quick transmission drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within phrases frequently get unheard. However, situated within the pages of **Checklist Weight Loss** a captivating literary value sporting with raw feelings, lies an extraordinary quest waiting to be undertaken. Written by an experienced wordsmith, this marvelous opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the very material of every word. Within the emotional depths of the poignant review, we will embark upon a honest exploration of the book is key themes, dissect its interesting writing fashion, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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