

# SUMMER WEIGHT LOSS TIPS

- 1. Wake up with Lemon Water** The electrolytes in lemons will keep you hydrated.
- 2. Drink Coffee** Coffee is a diuretic and helps flush out toxins.
- 3. Drink Water Before Eating** Water is great way to feel full.
- 4. Snack Smart** Choose real, whole foods.
- 5. Limit Sugary & Processed Foods** Consume these only in moderation.
- 6. Use Smaller Plates** Eating off smaller plates helps you eat less.
- 7. Junk the Juice** Juice is loaded in sugar, try eating a fruit instead.
- 8. Eat 4 Servings of Veggies a Day** Vegetables are full of fiber!
- 9. Exercise 30 Minutes a Day** Exercise will boost your metabolism.
- 10. Try an Outdoor Workout** Rev up your metabolism early.
- 11. Take an Alcohol holiday** Give your liver a rest and let it detoxify your body.
- 12. Get Good Sleep** Sleep is essential for weight control.
- 13. Get Some Early Morning Sun** Vitamin D can help boost your metabolism.
- 14. Hang a Mirror in your Kitchen** If you have to see yourself eat junk food, you might not eat it.
- 15. Bake/Cook with Coconut Oil** It's pure and loaded with healthy, essential fats.
- 16. Cook with Herbs** Make food taste better without sweeteners.
- 17. Drink Green Tea** Green tea increases fat burning!
- 18. Work Near a Window** Low light can make you feel sad and want to eat.
- 19. Avoid Multitasking and Eating** Be intentional when it comes to food.
- 20. Weigh Yourself Once a Week** Use your scale like an accountability partner.



Download for  
easy viewing



Share

HealthShare  
**Altrua**