

BEST STRATEGY TO LOSE WEIGHT

1) Track your nutrition

Stop guessing and log everything you eat! Use an app like MyFitnessPal. Don't wait till the end of the day, log it after each meal.

2) Make Healthier Substitutions

No ones diet is perfect, but every little change you make adds up to big change over time. Find items that you could substitute that are healthier and lower in sugar.

3) Preplan your meals

If you wait till you are hungry to decide what to eat, you may grab the closest thing to you which could be a poor choice. Plan your meals out for the week . Have healthy snacks already available in your house, car, and workplace.

4) Have a Goal

Unless you are aiming for something in particular, you are just drifting through every day. Have a Specific, Measureable, Attainable, Realistic and Time-based goal (S.M.A.R.T.) goal to ensure you have a great target.

5) Have a Routine

Have the same set time every day to engage in activity, whether its resistance training, swimming, hiking, or anything else. Put it in your calendar and make that time sacred.

6) Trust the Process

It takes six weeks to establish a habit. Have faith in the process and trust it will work, But you have to stay committed to it for a while for it to work. You didn't get out of shape overnight, and you won't get in shape that fast either.