



HEALTHY FAMILY → FUN! ←

HEALTHY WEIGHT LOSS TIPS

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1. **Start your morning right** — When you rise each morning, before eating or drinking anything else, start each day with the juice of 1 or 2 lemons freshly squeezed in 16 oz of water. Be sure to wait for 45 minutes before taking in anything else. This helps to jumpstart your day with hydration, and helps to detoxify your liver first thing in the morning!
2. **Pack a small cooler to go** — Plan ahead. Pack small, nutritious snacks in a cooler to take with you while on the go! Fresh or dried fruit, chopped veggies, nuts, turkey slices, chicken breast, hard boiled eggs, and tuna are just some examples of good fuel! Don't forget to pack your water bottle too!
3. **Eat often** — Eat a small meal or snack no larger than the palm of your hand, every 2 to 3 hours throughout the day. This increases your metabolism, which means your body is working harder to burn fat even while you sleep! It also improves your energy levels as you go through your day.
4. **Drink your water** — Drinking at least 2 liters of water each day is a good place to start. HOWEVER, if you could work your way up to a gallon of water a day eventually, you would see a major difference in your weight loss, energy level, mood, and sleep. Give it a try, and keep yourself hydrated by at least drinking 8 oz with each snack or meal.
5. **Get your sleep** — Getting proper rest is the natural way to recharge your body. A minimum of 6 to 8 hours of uninterrupted sleep helps the body to restore and the mind to renew. Don't skimp on your sleep. Get your Zzz's.
6. **Get moving!** — Find ways to exercise. Look for opportunities to challenge your body to move. Whether it's taking the stairs instead of the elevator, or parking the distance to create a lengthier walk to your car, get moving!

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

— 3 JOHN 1:2 NKJV

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