



## **7 simple ways to make weight loss easy**

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***Start basing your life around fitness by parking farther away, moving more around your home, and even planning your weekends around doing activities like hiking and road racing.***

### **1. EAT FOR HEALTH**

Stop using food as your guilty pleasure and start eating for health. Research the benefits of eating certain vegetables, maybe like mushrooms and onions, and start integrating these veggies into your meals. Create fun and creative meals that are healthy and taste great.

### **2. EMBRACE AN ACTIVE LIFE**

Start basing your life around fitness by parking farther away, moving more around your home, and even planning your weekends around doing activities like hiking and road racing. If you embrace active habits you will have a changing lifestyle rather than just a phase of your life.

### **3. FIND TIME FOR FITNESS**

Listen I totally get your ultra-busy life, but you can always find time for fitness if you set your priorities straight. Some days I exercise as early as 4am, other days as late as 11pm, but I always find time for fitness because it is important to me. So make time for your health — you are worth it! And finding time is a less complicated way to meet your weight loss goals.

### **4. THINK OUTSIDE THE BOX**

Create new workouts to challenge yourself and decrease boredom. I love to do a Burpee countdown with jogging in place, begin at 40 burpees and countdown by 10. Yes this workout will challenge you but the results and calories expended are well worth the work. Just think outside the box and switch up your workouts so you can achieve incredible results.

### **5. DRINK PLENTY OF WATER**

Make a goal of drinking 8-10 glasses of water to eliminate bloating, decrease your appetite and flush toxins out of your system. Drinking water is a simple and effective way to aid your weight loss goals.

### **6. MAKE SALAD THE STAR**

Yum I love salads and there are so many ways to vary up this green delight so make salad the star. I like to create new dressings, add fruit, nuts and several veggies to my salads. I always make salad the star of every meal and for this reason I tend to eat less, weigh less, have more energy and get sick less often. Did you have your salads today?

## **7. GET IN A POSITIVE EMOTIONAL STATE**

You can do anything and there is nothing that can stand in your way other than yourself. Remove negative thoughts from your mind and enter into a positive state. Successful weight losers believe they can achieve and for this reason they do. And know if you have weight loss confidence you will attract positive relationships around you. Believe and you will achieve!