



# Weight Loss Tricks for a New Year and a New You

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The New Year is here and yet again, the top resolution is weight loss. According to a recent study from the International Food Information Council Foundation, more than half of Americans want to lose weight. When surveyed, these same people would choose a leaner waist over any personal or financial incentive. So if losing weight is so important to people why isn't everyone losing? The reason is simple most are uncertain how to lose weight.

Here are fifteen safe and effective tips for losing weight:

1. **Set your goal to be the best you.** Stop looking at the airbrushed models in magazines and start admiring your own body. Set a goal to lose weight, tone, become healthier and be the best you.
2. **Keep a Food Diary.** Research has proven that people who keep track of what they eat lose two to three times as much as people who do not keep track.
3. **Look in the mirror for inspiration.** Inspire yourself and write down your goals in a notebook. Every day when you awake look at your goals and think of the prize in the end: more confidence, more energy, and looking better!
4. **Conquer your chore list.** Research shows that people who clean their home daily lose an extra 5-7 pounds a year. So get out the vacuum, mop and work off some calories doing chores!
5. **Watch your portion size.** Be mindful of portion size so you do not over eat and make sure to drink water with and in between meals.
6. **Revamp your refrigerator.** Throw out all unhealthy food and stock the refrigerator with food that will be your friend like fruit, vegetables, skim cheese, yogurt, etc. These food will not only be low fat but will also boost your immune system.

7. **Eat mini meals throughout day.** Focus on eating smaller meals throughout the day to boost your metabolism. Research shows that people that eat mini meals through the day usually have a leaner waist and better health.

8. **Put your fruit on display.** Rather than keeping all your fruit in the refrigerator. Keep a few staple fruits like apples, clementines and grapes on display for you to see and when hunger strikes you can grab a piece of fruit. This will help ward off temptation!

9. **Make family changes.** Pack fruit for your children and spouse's lunch daily. And make family healthy enjoyable by savoring each bite.

10. **Live life in moderation.** It is okay to have small treats every now and then. Live life in moderation and do not deprive yourself of the occasional treat. Research shows that people that live life in moderation lose weight and keep it off.

11. **H2O is the way to go!** This is always my motto because drinking water will help you feel full and by staying hydrated you will not confuse hunger for thirst. Aim for 12-16 ounces daily.

12. **Eliminate snacking 3 hours before you go to bed.** To stop mindless snacking eliminate eating 3 hours before you go to bed. If you are craving something try a cup of green tea to relax you and curb your appetite.

13. **Keep track of your steps.** Aim to get 10,000-15,000 steps a day, which is equivalent to 5-7 miles. By getting your steps in you will not only improve your mental and physical health but also lose weight.

14. **Get plenty of Zzzzs.** Living by the goal of getting 6-9 hours of sleep each night will boost your immune system and help you to lose weight. Research demonstrates that sleep deprivation can increase levels of a hunger hormone and decreases levels of a hormone that makes you feel full. So make sure to get your sleep.

15. **Smile and be secure.** Live your life in positive bliss and be proud of who you are. Know that with hard work and determination you can reach your goal. So smile, be secure and be satisfied and live the healthy life you deserve!

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