



MANAGING YOUR WEIGHT LOSS

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that’s OK – but try to limit to one card for reference)

-The key to achieving and maintaining a healthy weight is a lifestyle that includes healthy eating, regular physical activity and balancing the number of calories you consume vs. what your body uses.

- Take Away
 - Eat fewer calories
 - Increase calorie expenditures through physical activity
 - Use good behavior change strategies

Keeping It Off.

- Watch your diet, Be active, Stay on course
- Eat smaller meals daily.
- Avoid overeating, Don’t skip breakfast, Don’t neglect the afternoon snack, High carbohydrate snack after a workout speed recovery by replenishing muscle glycogen and starve off hunger.

Motivation.

- Develop a positive mindset.
 - Encourage specific efforts
 - Drink more water, eat less sugar.
 - Muscles burn calories. Keep up your physical activity.
 - Avoid pessimists
 - “Start you diet tomorrow.”
 - Use before and after pictures
- Weight Traps.
- Vending machines, Supersizing, Special deals, Soft Drinks, Alcohol, Coffee