



678-218-3000

20 Tips to the Lighter side of Life

Try these easy tips to keep you on track to reaching your health and weight-loss goals this year..

1. **Set Goals** — Visualize how you want to look and feel. Set a realistic goal and go for it. Don't look at the overall picture or you will get overwhelmed. Develop smaller goals along the way, whether it's losing a certain amount of weight each month or fitting into those skinny jeans you haven't been able to wear in months.
2. **Stay Positive** — Identify the crutches that can interfere with your success. Turn negative thoughts into positive ones or they will hold you back. Create positive affirmations, write them down and read them daily. Feed yourself with positive information reading motivating books. Eliminate excuses like lack of time, the expense of the products and many others that will just get in the way.
3. **Create Visual Reminders** —Purchase a pair of jeans or little black dress that you want to fit into and leave them in an area where you'll see them every day. They'll help keep you motivated every time you see them.
4. **Get Motivated** — Think about your family and the people you love most and ask yourself if you want to be there for them in the future. Don't ever say "I can't." Come out of the old view of yourself, and change your mindset. Instead, say "today I can!"
5. **Mind Over Matter** — Remember this is not a diet; it's about changing your lifestyle and improving your health. Don't procrastinate. Be willing to make sacrifices and it will happen. Write your dreams down and believe in them. No one can make you feel bad about yourself unless you let them.
6. **Recruit a Friend** —. Sharing the experience will help bring you closer together. Recruit your friends or family to join with you so you can work together.
7. **Make it a Family Experience** — Incorporate into your family lifestyle. Encourage your kids to try healthy snacks like fruit to improve their health as well.
8. **Stick to the Rules** — Follow the program as intended. Eat 5 times a day . Use the products every day Be 100-percent committed.
9. **Get Moving** — Exercise regularly. The more you do it, the better you'll feel. Don't work out hard; work out smart. Have fun doing it. You can still watch the baseball game, but do it from a treadmill at the gym or at home..
10. **Stay the Course** — If you mess up one day and eat something that isn't good for you, just keep going and don't give up. Don't sabotage your efforts; just get back on track. If you hit a weight-loss plateau, work a little harder to make up for it.
11. **Eat Healthy** — Cut processed and sugary foods from your diet because they'll only drag you down. Stay away from soda and coffee. Fill up on fruits, vegetables and other our products. Make your meal decisions healthy ones. Keep healthy food on hand, like a bowl of assorted fresh fruits, but only one of

each. The color and variety will keep you satisfied. Buy things like meat in bulk and wrap and freeze them individually so you can pull them out and enjoy the right portion size.

12. **Don't Give Into Peer Pressure** — Don't let pressure to eat out with your friends or others keep you from reaching your goals. Learn to say "no" and modify your plans so they don't revolve around food. If you eat out, find the healthiest options on the menu. Don't skip out on enjoying special occasions—just plan in advance for them. If you'll be attending a wedding at the end of the month and you want to enjoy the meal, save up your calories for it and work out extra hard.
13. **Reward Yourself** — Reward yourself along the way. Do something for yourself that makes you happy and healthy. Go shopping. There's nothing like trying on new clothes and seeing how much your body has changed to inspire you to work even harder. Give yourself permission to cheat once in a while. The body needs the break occasionally. Just cheat responsibly and make it the exception, not the norm.
14. **Stay on Schedule** — Develop a rhythm and stick with it. Be consistent. Just try the products for 30 days — you have nothing to lose, but some weight.
15. **Get Support** — Ask your family and friends for support. There are plenty of people out there who want to encourage you and help you to succeed. .
16. **Product Tips** — Try all of the products and don't give up on them if you have a hard time at first with the taste. As you improve your nutrition, the flavors will taste different.
17. **Shake it Up** — Start with daily Shakes. They're exactly what your body needs, especially when you're busy and don't have time to make breakfast in the morning. Try adding a little bit of seasonal fresh fruit to your daily shake to give your routine some variety and a little extra flavor.
18. **Food Diary** — record what you are eating—studies show people who write down what they eat lose twice as much weight as those who do not record their diet.
19. **Track Your Progress** — Take monthly measurements to track your progress and stay motivated. Taking your measurements is vital. There will be times when the numbers on the scale don't change, but your measurements will. Don't be discouraged when you don't see results overnight. Keep at it.
20. **Take Advantage of Available Resources** — like the support and lessons offered at **Medical Weight Loss Alternatives** Take advantage of the weekly weigh ins..