

The 10 Commandments of Weight Management

Organize and Prioritize- *"Plan your day or your day will plan you"*

Nutrition:

Know how many calories you consume each day. Follow your individual metabolic amount. Too high or too low will cause fat generation.

Eat smaller more frequent meals, every 3 hours for 5-6 meals per day. Keeps metabolism high. Don't skip meals.

Limit carbohydrates in the PM. Unused Carbs turn to fat.

Eat more healthy protein. Protein helps rebuild tissues.

Drink water with every meal and when you are thirsty. You need water for all major body processes. Drink a glass before you eat if possible.

Exercise:

Do 30 min of cardiovascular exercise 4-6 times per week. Burns fat and protects the heart, lungs and blood vessels.

Do strength training 3-6 times per week. Muscle increases your metabolism, improves balance and protects your joints from injury.

Don't exercise the same muscle groups on consecutive days

Try to get 8 hours sleep so you can recover and build new tissue.

Take at least 1 day off per week to rest you body and mind.

Keep good records. Log your food and workouts daily.