

Tips to Keep the Scales Moving

1. Get more Sleep

- Lack of sleep promotes an increase in cravings
- Sleep deprivation can alter the glucose metabolism and hormones involved in regulating metabolism

2. Ditch Mindless Snacking

- Avoid eating when you don't feel hungry.
- Balancing blood sugar will help reduce cravings
- Use electrolytes & apple cider vinegar with sparkling water to nip cravings for sugar in the bud!

3. Try not to Stress

- Chronic stress can increase blood glucose & stimulate weight around the tummy
- It can also increase appetite and cravings for salty & sugary foods & alcohol
- Self Care & "me time" are vital to relieve some of the pressure.

4. Increase Exercise

- Once your energy has increased start including some exercise into your day
- Strength training is so important for women – classes like circuits are a fun way to incorporate weights
- Get out for a walk with friends to help reduce stress!

6. Keep Going

Weight loss is never linear. You won't consistently lose weight in the same way every week, there will be ups and downs as well as highs and lows. The most important thing is to stick with it for long term results

5. Try a Longer Fast

If you find 24 hours easy try a 36 hour fast - they are better for supporting weight loss

Remember, be careful what you are saying to yourself on a daily basis as your thoughts become your reality. You can be your own greatest cheerleader or your biggest bully!