



Simple & Easy Weight Loss Tips

Park in the back of the parking lot

Use the stairs

Eat three health-conscious meals each day

Eat small healthy snacks in between meal

Lose weight with a friend or family member

Listen to music while you exercise

Drink between 1 and 2 liters of water each day

Take a walk on your lunch break

Choose healthier desserts (fruit, etc...)

Watch a favorite show or movie while you lift weights, use a treadmill, a stationary bike, stretch, or use the elliptical trainer

Reward yourself for certain milestones

Don't eat when you're not hungry

Walk, jog, or run with a friend, or your dog

Use a pedometer to keep track of your steps & make a goal to increase the number of steps you take each day