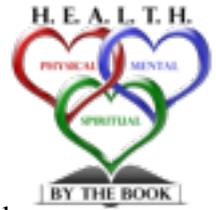


## Weight Loss Tips

My Weight \_\_\_\_\_ My Height \_\_\_\_\_ My BMI (Body Mass Index) \_\_\_\_\_

BMI reference ranges: 18.5-24.9 = normal, 25-29.9 = overweight, 30 or greater = obese

Ideal body weight: 108 lbs for the first 5 feet, and 4 lbs for each additional inch



1. Don't go on a diet - change your lifestyle!
2. Eat a good breakfast  
Large breakfasts set your metabolism and help you burn more calories throughout your day.  
Breakfast large, lunch medium, supper light (or not at all). A small (it is better to skip it) supper 3-4 hours before going to bed helps prevent you from converting the calories directly into fat while sleeping.
3. Stop snacking  
Don't eat between meals, even if it is a "healthy snack" such as apple, carrots, etc. (it delays digestion and causes food to rot in the stomach)  
Only drink water between meals and cut out the juice and soft drinks  
If you are hungry and it's not mealtime, drink water. It will calm your hunger without calories
4. Eat mainly unprocessed, unrefined foods (raw fruits, vegetables, unsalted nuts, and whole grains)
5. Reduce fat intake (switch to natural fats such as nuts, olives, avocados), while avoiding processed fats (such as butter/margarine, oil, shortening, etc.). Use non-stick pans, spray lightly with Pam and "fry" in water)
6. Drink more water (1 ounce each day for every 2 pounds you weigh)
7. Exercise daily (30-50 minutes at moderate intensity—which means you can talk but not sing during it)
8. No harmful substances (i.e. alcohol, tobacco, caffeine, etc.)
9. Eat regular meals—same time each day, regulate your portions (put what you need on your plate and don't go back for seconds), eat slowly, and enjoy!
10. Trust in God for help! Only He can help you to be truly successful.

Set a goal for how much weight you want to lose and stick with it until you lose it!

Plan on only losing ½ to 1 pound a week, and only weigh yourself once a week, not more.

Tell several people that you are losing weight and keep them informed about how it is going

Get an exercise partner and/or eating partner to keep you accountable

Ask yourself:

Is it the right time to eat?

Is it healthy for me?

Is it the right amount?

If it is, go ahead and eat!

Avoid artificial sweeteners!

Artificial sweetener users are more likely to gain weight over time, and have increased desire for sweets and increased hunger. It also leads to problems with the pancreas

"Those who put their trust in Christ are not to be enslaved by any hereditary or cultivated habit or tendency. Instead of being held in bondage to the lower nature, they are to rule every appetite and passion. God has not left us to battle with evil in our own finite strength. Whatever may be our inherited or cultivated tendencies to wrong, we can overcome through the power that He is ready to impart."

"I can do all things through Christ who gives me strength." Philippians 4:13

"But thanks be to God, who gives us the victory through our Lord Jesus Christ." 1 Corinthians 15:57