

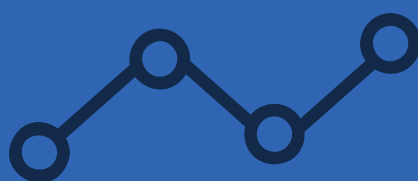
Top 5 Tips

T O L O S E W E I G H T



HYDRATE

Aim to drink at least 2 litres of water daily on top of any teas and coffees. This will keep your body working properly and help you to feel fuller for longer as you often crave food when you are dehydrated



TRUST THE PROCESS

Weightloss is never linear. Weight fluctuates up and down especially for females at different times of their cycle. Trust the process and stick to your plan and you will see a gradual, maintainable weight loss.



NUTRITION

Aim to eat whole foods with lots of micro nutrients. Your body needs fruit and vegetables for the vitamins and nutrients they provide. fill your plate with wholesome food rather than just surviving off packaged diet food.



MOVE

Get up and go for a walk, don't sit around thinking about food all day. We often eat out of boredom so get up, walk, do something fun... anything to stop you mindlessly snacking



MAKE IT ENJOYABLE

Healthy eating and fitness should be a lifestyle choice not a chore. Eat interesting and varied meals, exercise in ways you find fun and you will find you have no issues achieving your goals