



The 10 Commandments of Weight Loss:

1. IT'S A LIFESTYLE, NOT A DIET

This is not a short- term fix; it is a way of life.

2. GET ORGANIZED

Structure your life and you will structure what you are eating.

3. EAT SMALL

Portion control is crucial for losing weight.

4. LEARN TO LEAVE FOOD ON YOUR PLATE

This helps you take control of compulsive eating.

5. NEVER FEEL DEPRIVED

This only encourages bingeing.

6. MAKE A MEAL OUT OF IT

Make a ceremony out of every meal, so that you really appreciate what you've eaten.

7. EAT SLOWLY AND MINDFULLY

That way, you'll feel satisfied before you've eaten too much.

8. ENJOY YOUR FOOD It is one of life's greatest pleasures, not a punishment.



9. MOVE IT!

Exercise is a key essential of losing weight.

10. GET ENOUGH SLEEP

Structuring your sleeping patterns will regulate metabolism.

Losing weight is not a marathon however, slow, and steady will give you permanent results. It is not a temporary fix; it is a permanent fix for healthy lifestyle changes. You need to incorporate these 10 commandments into your everyday lives if you want to take the big steps

in your future! Get yourself organized up front before you start any changes in your life! Being prepared will guarantee you a permanent lifestyle change for better health.

Eat smaller portions! I know, I know weighing and measuring can be a pain in the ass and time consuming! But it is so critical at the early stages of your health happiness journey to know what the proper portion control sizes are to help you lose weight! After a while, it will become ingrained into your heads, and you will be able to "size see" the sizes by heart!

Leaving food on your children's plates when they are done eating and not finishing it for them is your "new" habit. If you have extra on your plate, then that is a good thing, your brain is signaling your stomach that it is full and no longer needs any more input from you! The old concept from our parents that you need to finish everything on your plate no longer exists in your mind! It's a new day to add new changes and to start new healthy habits!

Don't deprive yourself of foods that you love! Moderation and portion control are the key! I mean let's be honest and realistic - are we never gonna eat a Hershey's Kiss ever again, or a cheeseburger (only if you are vegan or vegetarian) or a doughnut occasionally? - Hell, No! You grew up loving certain foods, you can have them, just not 12 at a time or a whole bag! Moderation, moderation, did I say, Moderation? (and portion control)

Celebrating every meal seems kinda weird, right? But if you slow down, eat mindfully, and chew each morsel thoroughly, you can enjoy and celebrate every morsel you put into your mouth! It's a party in your mouth and you are invited! Enjoy what you eat, your body needs a celebration of healthy, goodness! FEED THE NEED!

Eat slowly, and mindfully - Enjoy your food! (SEE ABOVE)

Move it to lose it! You gotta get off the couch and move your body! Exercise that body and lose the fat! Make muscles where you never thought you could have them! Moving your body in some capacity every day will promote easier weight loss and your body will love you for it! Come on give your body a good healthy dose of movement! Show it some L.O.V.E.! Live. Observe. Vocalize. Evolve. (LOVE)

... And Finally, ... Get your sleep, you beautiful creature you! Beauty lies in a well-rested, relaxed body! Getting the right amount of sleep every day, will enhance your body's natural beauty inside and out! You will have more energy, you will look and feel better, and you will be a lot calmer when your body is re-vitalized from a well-rested good night's sleep!

If you snooze, you will lose! Literally - good weight loss comes from good sleep habits! The more rested you feel the more you can move your body and the energy will flow out of you! Time to get your good sleep on!

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