



This program can help you achieve your Goal!

Weight Loss & Dieting Tips

Granted, the whole purpose of the Biggest Loser program is to lose weight, we must remember that our purpose is not only to lose weight, but get healthier...

Type 2 diabetes is one of the deadliest diseases among Americans, especially in Indian Country. If you combine type 2 diabetes with lack of exercise and a poor diet, you can easily add heart disease to the equation.

Our message to you is: these diseases are 100 % preventable! Type 2 diabetes is preventable & reversible; heart disease and high blood pressure are also preventable to certain degrees. How do we do this? With diet and exercise, and we don't mean diet as in starving yourself, we mean diet as in a well balanced nutritious meal plan.

In the next few weeks, we will be providing you with a number of tip/suggestions to improve your life style and better your health. We these tips are helpful and will provide you with ideas on how to get started... Remember, we are here to help you so come on in and talk to our fitness specialist or certified dietitian.

1. **Change Your Lifestyle.** If you think you'll just "diet" until the weight comes off, then you're setting yourself up for failure. Losing all the weight you want and keeping it off requires a lifestyle change. Stop bringing home the soda's and cupcakes and start a regular workout routine.
2. **Start a Workout Routine.** You've heard it before, it only takes 30 minutes a day to get your metabolism into a higher gear and start burning more calories. You can even break those 30 minutes up into two 15 minute routines or three 10 minute routines!
3. **Eat Smaller Meals More Often.** A smaller meal help keep your metabolism charged, and helps keep you from getting hungry.
4. **Start Your Day Off with Water.** Water is an important ingredient to help keep your metabolism up. Water also helps prevent you from becoming hungry.
5. **Drink Cold Water.** Your body will have to warm the cold water up before it can use it. This causes the body to use more energy; more energy use equals more calories burned.
6. **Use Smaller Plates & Bowls.** You won't be as tempted to eat large portions with smaller plates & bowls plus you'll feel that your plate is full and that you're not missing out on a larger meal.
7. **Don't Eat after 7 O'Clock in the Evening.** You don't want your body storing fat while you sleep. If you get hungry after 7, drink some cold water or tea. Not only will it help curb your hunger, it will help flush your system.
8. **Eat Carbs Early, Protein Later.** Try to eat the majority of your carbs early in the day so your body has the time to burn them off. And try and eat your proteins in the afternoon and evening meals.
9. **Park Further From the Store Entrance.** You'll walk further and burn a few more calories doing it. When you're into "Calorie Burn Mode", every calorie burned helps.
10. **Grocery Shop After Eating, Not Before.** Hungry people buy more stuff plus more foods that are not healthy for them. Shop on a full stomach.