



Wellness Buddy Wednesday Tip

Your Roadmap to Weight Management!

1. Plan your meals ahead. You're less likely to eat those high-calorie poor nutrient foods.
2. **"STICK TO IT."** Post or carry a 3x5 index card and look at it each time you're tempted to cheat.
3. Avoid having those tempting foods in your kitchen or desk drawers.
4. Place your smallest plates and bowls in the front of your cupboards. Use them most often for meals and snacks.
5. You've heard this one before: slow down. Put your utensils down between bites and take a sip of water after every few bites.
6. Have a cheat meal or a cheat day and don't sweat it! It's not going to show up by the end of the week but don't let the meal or meals lead to a binge.
7. Define "full" as reaching the point at which you would feel comfortable taking a moderate- to brisk-paced walk after you finish eating.
8. Remind yourself frequently you're on the road to your "Feel Great Weight!"

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Nutrition & physical fitness are our mission!