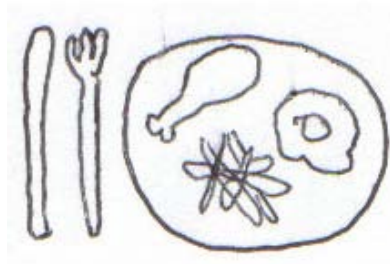


Simple Weight Loss

Say it out loud: "Today I will do my best!" Today, I will try my best to make choices that are healthy and make me feel good. Today, I'll work on my goal to..

eat



Eat less food. My body doesn't require so many dang calories. I'm going to eat smaller portions and really TASTE my food.

Choose fruits and vegetables. My diet will revolve around these amazing, tasty foods. Eating plenty of fruits and veggies makes me feel light, clean, and happy!

Cook at home. I usually feel too heavy and full when I leave a restaurant anyways (and broke). I'll keep it simple with just a few ingredients, small portions, and NO seconds. Cheers to easy!

move



Get outside. I'm going to get outside today for at least 1 hour! I'll walk or run around and just enjoy the air. Maybe the dogs will want to come? Or maybe I can play frisbee or tend my garden?

Exercise in the morning. I'll set my workout clothes right by my alarm clock and put them on instantly so I don't skip it. After a glass of water, I'm gona put in a workout DVD or go for a little jog or bike ride.

Stretch. Kinda like a cat, I'm going to stretch softly when I wake up or get out of my desk chair. Maybe I'll go to a yoga class and really challenge myself (in a fun way).

relax



Be in the moment. I appreciate my body and how amazingly durable it is. I feel great about myself! I appreciate the world around me as it happens, and am relaxed and happy. I'm very grateful!

Take some deep breaths. When I get frustrated or overwhelmed I'll take deep breaths - in through the nose and slowly out through the mouth. Maybe I'll sit for ten or twenty minutes and just breath and let thoughts pass. Ahhhhh.....