

# Weight Loss

- 1. If you want to lose weight without feeling hungry & deprived all the time, start eating foods high in fiber.** High-fiber foods are higher in volume, which makes them filling. They also take longer to chew, which makes them more satisfying to eat. High-fiber foods also take a long time to digest, which means you'll feel full longer. There's nothing magic about it, but the weight-loss results may seem like it.
- 2. If your goal is weight loss, our goal is to help you lose weight the healthy way so you can keep it off.** A healthy weight loss is 2- 1 pounds per week. Losing more than that means that you are losing water weight & causing your body to actually slow down its energy cycle (i.e.: metabolism). When you lose weight too quickly, your body reacts this way because it is protecting you. The body always makes sure that you have enough food to support brain function, your heart pumping & all the activity you are doing day-to-day.
- 3. Have realistic goals for weight or fat loss. Your body is more likely to keep it off if it is a gradual loss.**
- 4. Don't over-restrict calories.** Under-eating can decrease your energy level & increase your hunger, making you more susceptible to splurging on high-calorie foods. Proper diet & exercise regimen is the key to weight loss.

