

## 14 things to do to manage your weight in a healthy way

**Value yourself.** You are a person of great value. Honor and respect yourself. Work toward improving your health in a spirit of love and compassion for who you are. Do not waste your time telling yourself what you should do. Choose to do those things that make you feel good and improve your well-being.

**Eat Breakfast.** Having a healthy meal with some protein and some fiber adjusts your metabolism and helps you eat healthier all day. This is one of the most important things you can do to manage your weight.

**Cultivate gratitude.** Find something to be thankful for every day, no matter how small. Approaching your life with gratitude is the most powerful tool to change anything.

**Sleep 7 – 9 hours every night.** Not getting enough sleep is the number one reason why many people gain weight and can't lose it. If you are unable to do any other thing for your health, try to sleep more.

**Spend at least 10 minutes every day practicing calm, deep breathing.** Stress harms your health far more than excess weight. Calm, deep breathing and relaxation exercises are powerful tools to reduce stress and change the way your body reacts to everything.

**Turn off the TV and computer.** Make a commitment to spending less time in front of screens. You burn more calories sleeping than you do watching TV!

**Eat more plants!** Eat the best foods for health - vegetables, fruits, whole grains, beans, lentils and soy. Eat real food, not processed food, and reduce animal foods as much as possible.

**Aim for an hour of intense physical activity most days.** Start with 15 minutes most days and gradually build up. You should be able to talk but not sing during activity. Make it fun. Do something you love.

**Prioritize happiness.** Make a list of things that make you happy. Connect with one of them every day, or at least think about them intensely every day.

**Whenever you are eating, don't do anything else.** Do not watch TV, read or drive. Focus on your food, be grateful for what you are eating, and slow down.

**Be careful about beverages.** Water is priority. Squeeze a fresh lemon, lime or orange into it. You can drink unsweetened tea. Limit all other beverages to 8 ounces a day or less.

**Learn to recognize how much is enough.** Take a smaller portion of food than usual. Check in with yourself to see how hungry you are, and recognize when you have had enough. Stop eating when you are satisfied, before you feel full.

**Set goals and keep track of your progress.** Pay attention to the things you want to change. Write down your goals and be specific. Focus on the behavior not the pounds. Congratulate yourself on every step closer to better health.