

EAT SLOWLY

Chew your food thoroughly and focus on how it tastes. Don't eat in front of the TV or computer. By slowing down and enjoying every bite, you give your brain a few extra minutes to respond to the food in your stomach. Try chewing each bite 20 times or more. Put the fork down after each bite and swallow each bite before taking another. This will make you feel more satisfied without eating too much.

TRUST YOUR INSTINCTS

Ask yourself: Do I really need to finish those last few bites? Is this cereal really nutritious like the label claims? Should I try the diet that I saw on TV the other day? It's easy to lose sight of our own needs, or to get caught up in the hype of the latest diet fad. Sometimes, though, it helps us to step back, focus on the big picture, and use our common sense.

ACCEPT PERSONAL RESPONSIBILITY FOR WHAT YOU EAT

No one puts food into your mouth and forces you to eat it. You eat what you choose to eat; you don't have to eat anything you don't want to. Always be aware of the choices you make and always choose the healthier options.

GETTING OVER A WEIGHT PLATEAU

Remember that muscle weighs more than fat. If you don't see your weight budge over several weeks or months but are doing all the right things, maybe you're losing fat but gaining muscle, which is an awesome scenario. Depend less on the scale for a measure of success, and more on how your clothes fit, how you feel, and how much better you perform in your workouts and life.

STRETCHING OUT SUCCESS

After you lose weight, give the clothes that don't fit you any more to charitable organizations. Burn your bridge to the unhealthy lifestyle you used to live and set your sights on the healthier person you are evolving into.

BYPASS OVERLY PROCESSED AND FAST FOODS.

Have you ever heard anyone say, "You'd be healthier if you got more burgers and fries in your diet"? Of course not. Nourish your body and soul with whole, fresh foods preferably from plant based sources.