

12 Weeks to Weight Loss Success

This Week's Tip:

Weird but Helpful Weight Loss Tips

We all know that healthy eating and exercise are the best ways to stay in shape but sometimes, trying something new is a great way to add variety and even make things a bit easier. We admit it – some of the tips you are about to read may seem a bit odd. However, there is science behind these tips and trying something new is never a bad thing when it comes to weight loss! Read on for some great “are you for real?” tips that might be just what you need to break a current or future plateau!

- Sniff vanilla. A study at St. George's hospital in the UK found that putting vanilla-scented patches on the backs of participants' hands significantly reduced their appetite for sweet foods and drinks. The next time you are having a sugar craving, try lighting a vanilla-scented candle or spritzing vanilla-scented spray!
- Eat spicy food! Hot peppers help to raise your metabolism but the real benefit of food with some bite is that spicy food slows your eating. It can also help you with your hydration goals as spicy food will make you want to drink more water. Try adding hot sauce or chili peppers to your pastas, soups & eggs!
- Avoid electronics while eating. Mindless eating can cause you to eat far more than you intended. When eating your meals, shut off the tv, put down the smartphone or tablet and FOCUS on your food! Use all your senses when eating and really pay attention to the texture, smell, look and taste of your food. This will make it easier to listen to your body when it tells you that you're full and makes your eating experience more enjoyable.
- Pre-game before the party! No, we don't mean having a few drinks before you go out – this tip refers to avoiding overindulging in not-so-healthy fare when you attend a party or meet friends at a restaurant. Before you go out, eat a filling, healthy snack containing lean protein and fiber. This will help fill you up and make it easier to turn down those cheese sticks or cream pasta dish when you get to your destination (or at least make it easier to eat less of it)!
- Cut up your food – yes, you may feel silly cutting your food up into tiny pieces but this strategy just may work. Cutting up your food may trick your brain into thinking there is more on the plate which can translate into eating less while still feeling satisfied.

