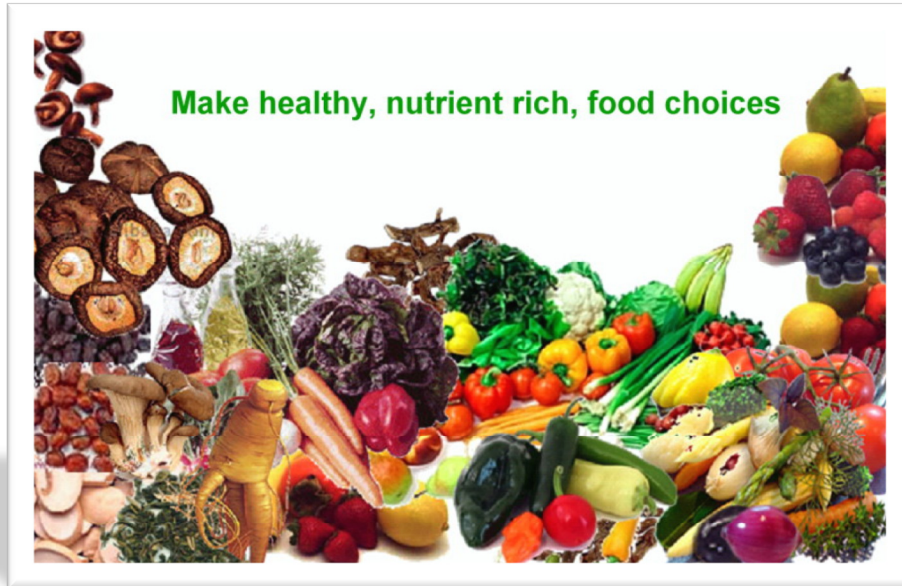


12 Weeks to Weight Loss Success This Week's Tip:

Focus on ADDITION instead of SUBTRACTION



For most people, weight loss means “deprivation” – the first thing people normally do when they want to lose weight is look at what they can cut out of their diets. However, limiting yourself from the foods you love can lead to feelings of deprivation. Deprivation can lead to rebellion and overindulging in those high-calorie, high-fat, high-sugar foods!

Instead of focusing on removing food from your diet, why not look at what you can add to your diet instead? You can actually eat MORE for less calories if you are eating the right kinds of foods! Most of us don't get nearly enough fruits & vegetables in our diet – instead of saying “No more cookies” why not promise yourself that you will get at least 7 servings of fruits & vegetables before you indulge in a cookie. You may even find that you feel full enough afterwards that you don't even need that cookie!

Look at adding other items too: chia seeds, flaxseed oil, ensuring you are getting enough fibre – all great ways to ADD instead of SUBTRACT.

Bonus tip: Make sure you have a red, orange or green fruit or veggie at every meal – these tend to be highest in nutrients and the anti-oxidants can help your skin look younger & healthier!

Source: www.prevention.com