

Path to Good Health

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Helpful Hints

Drink 8, 8 oz. glasses of water per day (purified or filtered is best).
Coffee, tea, cola do not count - it must be water!

DO NOT SKIP MEALS. S L O W down when eating.

Be prepared. Have an apple or any other good snack with you **AT ALL TIMES** (just in case you don't have your Shaklee Homeopathic Appetite Reducing Spray with you!) Don't get caught hungry with only junk food places around to satisfy your hunger. Keep a well-stocked supply of fresh fruit and vegetables.

Party? Eating Out? It is extremely important to decide what you will eat before the temptations are in front of you. Set that decision in concrete.

Be accountable. Call home and leave a message on your answering machine reminding you to take a walk or hop on the treadmill as soon as you get home. If possible, find a weight loss "buddy" to connect with on a daily basis. It can keep you both motivated and accountable.

As soon as you finish eating, leave the table then brush your teeth. Use a mouthwash when possible. (Carry a travel size bottle of mouthwash and/or toothpaste in your car or purse). If available, chose a toothpaste with no added sweetener.

If you smoke, **STOP**. Reduce alcohol. De-Stress.

Get Moving! Walk - Swim - Exercise at least 15 minutes every morning to stimulate your metabolism. Many malls have "walking clubs" - so the weather is no excuse!

Toss the ratty gymn shorts - the right exercise clothes can make you feel more comfortable and confident. Junonia's plus-size collection of stylish, supportive active-wear is a good choice. 800 586.6642 or www.junonia.com

STOP what you are doing and take 3 deep breaths:

Physically get up and move (or just stand up).

Stretch.

Take another 3 deep breaths.

Drink water with fresh lemon (or lime) when possible.

Get a breath of fresh air.

*****You DO NOT have to fulfill cravings or poor eating habits - as you use your Shaklee Weight Management guidelines, products, and recommendations, the cravings and associated behavior will recur less frequently.*****

The suggestion's presented here are **NOT** designed to replace your doctor's treatment and advice. Please consult with your doctor before beginning any weight loss program. These statements have not been evaluated by the Food and Drug Administration.

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