

Healthy Lifestyle Advice

1. Exercise at least 3 times a week, 20 minutes each time. Go for a brisk walk, jog, run/treadmill or swim for 20 minutes for instance. Light weights to help turn fat into muscle and improve metabolism. You might gain some weight with weight training but this kind of weight is ok because it should trim your waist size. *Waist size is a more reliable measure of weight loss and health than is your actual weight.*
2. Lower or eliminate the amount of simple carbohydrates (breads, noodles, potatoes, corn, rice, cereals) which become fat in your body when consumed in excess. Choose brown rice, barley, whole wheat, quinoa, oatmeal or other whole grains over the white counterparts and **do not eat more than a tight fistful 2 times a day.**
3. Eat meat, dairy and animal proteins (beef, pork, milk products like cheese and yogurt, eggs, fish are included). Limit this to the size and thickness of your palm 3 times a day. Try to choose meat and dairy that are organic to avoid additives like hormones (used to fatten the animals but are not good for you). If you choose organic, it is ok to consume more of these types of foods.
4. Eat a lot of fresh vegetables. Fill your hands to the brim and overflowing with each meal. If unavailable, use frozen ones as the next best option and least preferred is canned ones. Canned vegetables generally have more preservatives and sodium).
5. There are many health benefits to apple cider vinegar and coconut oil
 - Take 1 teaspoon of **raw** apple cider vinegar (Braggs is most popular brand) 3 times a day. You can use it in cooked vegetables, salads or drink it diluted in water and honey or straight.
 - Take 1 tablespoons of organic coconut oil 2-3 times a day for health.
6. Limit fruits if you have diabetes or cancer. Foods high in sugar feed the disease.
7. Drink green tea. It is a natural appetite suppressant and full of good natural antioxidants. Drinking water before you eat and throughout the day will help to keep you hydrated and helps to make your stomach feel satisfied.
8. Avoid drinks with sugar, especially fruit juices and sodas that are generally loaded with sugar. Excess sugar makes you feel hungry and makes you crave more sugar.
9. Eat slowly and mindfully between bites. Enjoy the food you have. Try to eat sitting in a relaxed atmosphere and not on the go.
10. Count your calories if you need more guidelines for weight loss. Find out what your ideal body weight. Go to freedieting.com to figure this out and to figure out your total daily calorie intake requirement. Use a calorie counter (e.g. caloriecount.about.com) to estimate the amount of calories in the foods you eat. As another option, you can register on myfitnesspal.com to keep track of your intake.
11. It is hard to figure out calories of sauces unless you obtained it from the original container. Read labels to see how many calories these sauces have and estimate how much you are consuming.
12. Make sure you decide to follow a healthy diet for life and in all situations. It is ok to overdo it once a week, but not several days in a row.
13. Avoid slow metabolism mode. Trick your body so that it continues to burn calories by changing the amount of daily calories you consume in the week. Perhaps allow yourself 500 more calories in a day once a week once in a while if you like. Also do not skip meals and try to eat something every 2-3 hours while you are awake.
14. If you feel like eating junk foods (cookies, cakes, chips) limit it to 1 tight fistful once day.
15. Try healthy snacks like fruits, dried fruits, nuts, seeds, yogurt.
16. Use healthy fats in your diet: cold pressed olive oil, coconut oil, avocados, nuts, fish, flax seeds, chia seeds for monounsaturated healthy fats.
17. Avoid skipping meals. Make sure you eat a small healthy snack between meals.