

Top 10 Tips to Control Your Weight. Put these on your fridge!

1. **Keep track** You'll need to find a way that works best for you. Take your measurements each week. Put on your favorite pair of jeans once a week and take note of how they fit. Here's what works for me. I have a "weight window" of 10 pounds, with a low end and a high end. I weigh myself each day. As long as I am "in the window" it's all good. If I go too low, time to eat some more nutrient dense, healthy food (not junk). If I go above the window, I know it's time to create a negative calorie balance by cutting some calories and adding some more activity.
2. **Keep moving:** This is one of the biggest problems Americans have. We sit too much! We sit at work and we sit at home. Park and walk, take the stairs, take a break from your desk.
3. **Drink water:** Your body craves it, but you consistently do not give it enough. It can't function properly if you don't hydrate it.
4. **Eat breakfast:** I can't stress this one enough. Breakfast jump starts your metabolism for the day.
5. **Cut your sugar intake** Processed sugar is nothing but empty calories. It's in A LOT of the foods we eat that you don't think of. Read the food labels and make wise choices.
6. **Stick to complex carbs:** These are things like brown rice, 100% whole wheat breads, sweet potatoes and quinoa. Refined carbs pack on the pounds. They spike your insulin level and then when it dips later, you crash. You're tired and hungry and guess what your body will crave? More refined carbs.
7. **Eat Clean Foods:** What are clean foods? These are foods in their most natural state. An orange, an apple, a carrot. These are clean because they come straight from the tree or the ground. Lean meats and whole grains are minimally processed. Things that come in boxes, bags and cans are more processed. Foods that have the word "refined" in the ingredients label are highly processed.
8. **Resistance Train:** It doesn't HAVE to be weightlifting, but you will lose muscle as you age unless you work at keeping what you've got. More muscles mean more of a calorie burn. You will also look leaner, even if you weigh a little more.
9. **Do what you like when it comes to exercise:** Find activities you enjoy. You won't stick with it if you don't like it. If you get tired of something, change it up!
10. **Get an accountability partner:** You need a workout buddy! It should be someone who will encourage you on the days you don't feel like doing anything.