

Five Simple Strategies for Losing Weight

Strategy #1: Awareness is the key to catching the extra calories you eat and drink each day before they show up on the scale. Are you dining at the drive-thru, slurping sugary sodas or cleaning your kids' plates? It's time to take a look at your actions and make smarter choices that won't take your thighs by surprise.

Strategy #2: Education helps you know what's healthy and what's headed straight to your hips. Take the time to read labels and choose real foods instead of processed pretenders. Once you know about healthy eating, you can find delicious foods that will leave you slim and satisfied.

Strategy #3: Determination is the desire to make a long-term change, rather than relying on a quick-fix fad. You must be ready to makeover your life...before you can makeover your look. Once you're fed up enough to get fired up, then nothing can stand in your way.

Strategy #4: Action is the moment you make the changes that will make a difference. Be sure to take action every day...whether it's choosing a salad instead of a sundae, taking the stairs instead of the elevator or relaxing with a good book instead of a gooey candy bar.

Strategy #5: Motivation means staying strong even when life and lasagna get in the way. Prepare for those tough times by planning rewards to keep you going. Buy a new outfit when you drop 10 pounds or take a cruise when you lose 20. Think of them as well-deserved splurges that won't leave you feeling guilty.