

TIPS FOR PERMANENT WEIGHT LOSS SUCCESS

Here are some tips for **PERMANENT WEIGHT LOSS SUCCESS** that can help you with your new diet and exercise program.

1. Along with your diet, take one multivitamin in the morning with breakfast. Vitamins and minerals are essential for sustaining optimum health. According to the U.S.D.A., people consuming fewer than 1500 calories per day may have difficulty getting all nutrients recommended. One multivitamin will assure you the intake of 100% of the R.D.A.'s.
2. An afternoon snack is suggested because energy levels typically drop mid-afternoon and most people exercise after their job. This will provide a little extra fuel between lunch and dinner.
3. Make changes gradually; don't try to do everything all at once. It may take longer to accomplish your goals, but the changes you make will be permanent.
4. Read food labels. When you see "**DIETETIC**" on food labels, it means something has been changed or replaced. It may contain less fat, sodium or sugar. It does not mean the food is calorie free.
5. Measure foods. It is important to eat the right amounts of food recommended. You will learn how to estimate the amount of food you are served. You may want to pay close attention the first couple of days of your program. Measure all of the food you eat and make a note in your handbook. Measure liquids with a measuring cup. Measuring spoons (teaspoon and tablespoon) are used for measuring amounts such as oils and salad dressing. A scale can be used to measure meat, poultry and fish. All foods should be measured and weighed after cooking.
6. Exercise is very important. It is helpful while trying to lose weight, and is good for your heart and blood vessels. Your weight-loss program is incomplete without an exercise component. Daily exercise can increase your metabolic rate, decrease your appetite and tone muscles which burning excess fat.