

# Back to Basics

It happens so slowly. Workouts become less frequent, junk food creeps back in, vitamins are forgotten... You slowly slip back into old habits. When this happens, it's important to get back on track by going back to the basics.

- ✓ **Start keeping a food log.**

Food logging helps you be aware and accountable for every bite. Research shows people who keep food logs lose more than double the amount of weight than people who do not keep food logs.

- ✓ **Eat 4-5 small meals per day, always with protein.**

Frequent meals help you to meet your protein goal. Eating every 3-4 hours will also manage your hunger better, reducing the chance of impulsive food choices.

- ✓ **Eat more vegetables with meals and snacks.**

If it's not potatoes, peas, or corn – have as much as you want! Vegetables have water and fiber to keep you feeling full but far fewer calories than other foods.

- ✓ **Drink at least 64 ounces of water per day.**

Water is the best beverage choice to make, but any non-carbonated, non-caloric beverage will do. Water combats fatigue, optimizes metabolism, and flushes waste products from your body.

- ✓ **Take your vitamin and mineral supplements as directed.**

Nutrient deficiencies weaken the body and can lead to permanent damage.

- ✓ **Weigh yourself once a week.**

This will hold you accountable. It will allow you to monitor your weight and catch weight gain before it becomes out of control.

- ✓ **Move more - 30 minutes of exercise most days of the week.**

Dust off that pedometer or buy yourself a new one! Don't think of it as exercise – think of it as fun! Hula, Zumba, hiking, swimming... the possibilities are endless.

- ✓ **Get to bed on time.**

Your body needs adequate rest to recharge and repair from the daily wear. Not getting enough sleep has been linked to weight gain, diabetes, and high blood pressure. Aim for 8 hours of sleep per night.