

Summer Shape Up Plan



Summer is almost here! It's the time of year when we get excited about fun in the sun, spending time outdoors, and maybe planning a vacation. Take advantage of the warm weather to stay active and channel sunny, positive energy to get engaged in a healthy lifestyle to shed some extra pounds without the stress, and without going on a diet.

Here are some easy tips to give your summer shape up plan a boost:

- 1. Start the day right.** Begin your day with a balanced breakfast. This will help with better appetite control and will give your body and mind the energy it needs to be in top shape. Eating a healthy breakfast has been linked to healthy weight and reduced weight gain over time. If you're not a morning person, make breakfast the night before. Overnight oats are delicious and super easy to make: 1/3 cup milk, 1/3 cup rolled oats, 1/3 cup Greek yogurt, 1 tablespoon of chia seeds. Leave overnight, top with your favourite fruits such as strawberries and sliced bananas or coconut flakes and seeds or nuts. Mmmmm.
- 2. Break-up with your TV.** Successful weight loss has been linked with minimal TV watching (under 10 hours of TV per week). Mindless munching on snacks often happens in front of the TV, and that's in addition to sitting for prolonged periods of time. Say goodbye to TV and hello to the great outdoors to slash calories and energize your body.
- 3. Beat the bloat.** Avoid bloating by hydrating with water throughout the day – this will also keep your digestive system happy. Steer away from processed foods which are high in sodium and contribute to water retention.
- 4. Fitted clothes.** Who knew that clothes could help prevent overeating? Wearing clothing that has a fitted or snug waistline acts like an external cue to remind you when you're full. Put away the stretchy pants and swap in some stylish pants that help trim your waist.
- 5. Dance for fitness.** Staying active can be fun and easy but it may be challenging if this is not part of your usual routine. Instead of thinking of working out for 25-30 minutes, dance to your six favourite songs – your body and mind will thank you for it.

Sign up for **The 30-Day Weight Loss Challenge** to speak with a Homewood Health Registered Dietitian and receive your personalized Weight Loss package.

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