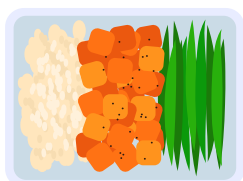


Quick Reference: Example Behaviors

Implementing these simple behavior changes will not only help us lose weight, but will help you maintain your goal weight long-term. The last thing we want is to work hard and lose the weight and only to fall back into old habits and gain that weight again.



Plan Ahead

Portion out snacks and meals to avoid eating more than you intend



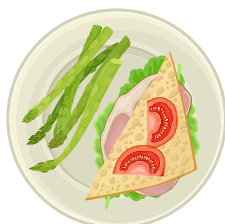
Eat with Intent

Eat slowly, avoid looking at your phone or TV and stop eating when you are no longer hungry



Switch to Water

If you drink soda, switch to water or sparkling water.



Eat Your Veggies

Add more vegetables and high-fiber foods to your diet



Find Other Comforts

If you turn to food when you're stressed, find other outlets - face masks, shopping, exercise, music or movies.