



5 Tips You Need To Know In Order To Lose Weight

1. K.I.S.S. (Keep It Stupid Simple)

Far too often I see people get really amped up about making a change towards living a healthier lifestyle and they take on **WAY TOO MUCH** at once. Don't try and make wholesale changes that you simply cannot maintain.

2. Mindful Eating/Tracking

Nutrition is one of the toughest areas for most people. I have found that one of the most effective ways to keep your nutrition in check is simply by tracking it! What gets measured, gets managed! [MyFitnessPal](#) is free!

3. Focus on Small Victories

Set some goals for yourself - make them big! However, with those bigger goals in mind, create some smaller goals that will be the stepping stones to your larger goals. Seeing progress as you achieve those goals will keep you pushing ahead. >> [Download a Goal Setting Worksheet Here](#) <<

4. Make it a Priority

If you want this, really want this, you **HAVE** to make it a priority. Don't just find the time in your schedule, make the time! Everyone is busy, I get that. However, if you don't put this at the top of your priorities, I can promise you; it likely won't happen. **Make No Excuses!**

5. Create Accountability

Having someone keep you accountable towards your goals creates positive peer pressure. I found that if you have someone that will answer questions along the way and support you throughout the process is an invaluable resource! If that's me, awesome - Let's do this!

BONUS Start NOW!

You know that you need to make a change or you wouldn't be here! Take action and get started - TODAY! Even if you feel like you aren't ready, take that first step and make a commitment to yourself. I'm here to help!