

10 SMART Weight Management Reminders



I consider these Reminders for effective weight management SMART because they are Specific, Measurable, Achievable, Realistic and Timely. You can use them to guide yourself to your healthiest weight possible.

1. **Become a grazer**_ eat six small meals throughout the day (eat approximately every three to four hours and eat only when true hunger is present.)
2. **Aim for a body weight that is right for you.** (Weight gain often takes years, so give yourself at least a year to get back to a healthy weight.)
3. **Move it or lose it.** (Be physically active at least three to five times per week.)
4. **You are what you eat.** (Pace yourself by starting to love yourself at your current body weight first.)
5. **Eat for energy and pleasure.** (Set a day each to try a new nutritious food.)
6. **Remember, all foods fit.** (Limit high-stress foods to occasional use or no more than once per week. Please eat them responsibly.)
7. **Aim for a healthy eating pattern.** (Not to be perfect all the time.)
8. **Know your enemy.** (What are your challenges?)
9. **Change gradually, not overnight.** (Use daily opportunities to grow toward your health goals. These opportunities will present as small successes in certain areas. Use them as a platform from which to start the next day)
10. **There are no good foods or bad foods.** (Please, make peace with food and eating.)

If you found these tips helpful, you can get more in my book, *Solutions For Health* or email your questions to me: living@ultimatepotentials.com