

EG WELLNESS BODY &  
MIND TRANSFORMATIONS

*5 TIPS*  
**WEIGHT  
LOSS MADE  
EASY**

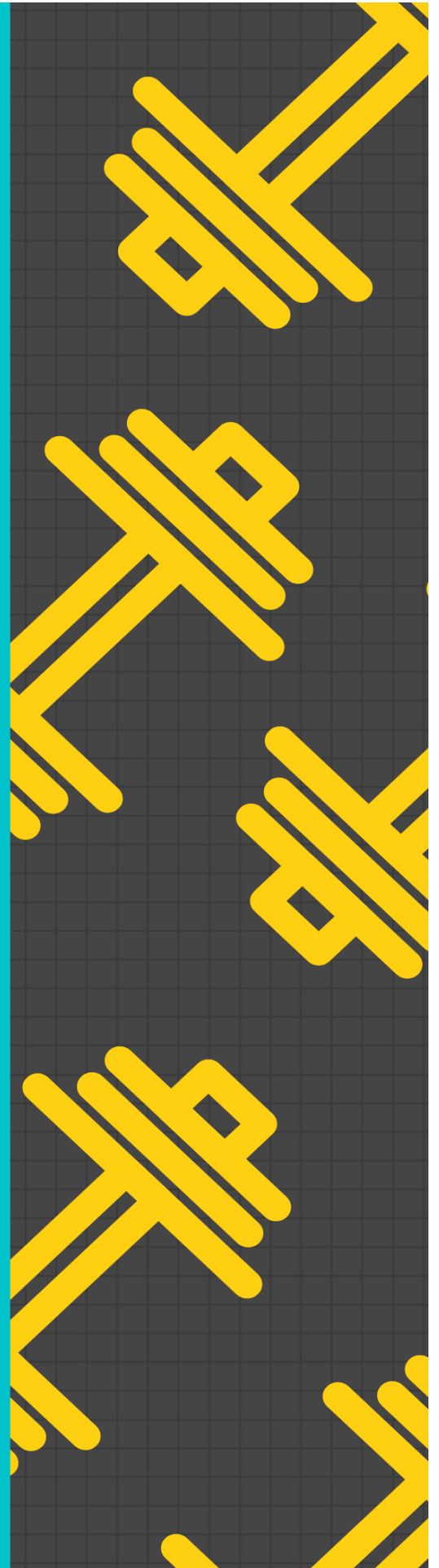
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You'll Be SHOCKED  
How Easy It Can Be.

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*JUMP START  
YOUR WEIGHT LOSS  
TODAY*

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#EGTRANSFORMATIONS








# WEIGHT LOSS MADE EASY

ERIKA GOLDSCHEN, CPT, PTA . BEHAVIOR CHANGE WEIGHT LOSS COACH

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## *SMALL Changes are a MUST*

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-  **1 CHOOSE 2-3 things per week to change. NO MORE.** This could be reducing something like 1 soda vs 2 or adding something like 1 serving of veggies 3x/week. Write it down & track it.
-  **2 The CHANGE you are looking for MUST be REALISTIC, ATTAINABLE AND MEASURED.** What is measured is managed. PERIOD. If you feel resistance to your new goal, re-asses and tweak the goal so it is more manageable. If you just quite because it is “too hard” then nothing will improve and that is a fact. We often have lofty goals, and this is the first mistake.
-  **3 Be OK if you had a BAD DAY.** It is not the end of the world. You can choose to eat a bit less the next day or week, exercise a little bit longer that week or just be ok that “life” happens and start new next week. I CAN NOT STRESS THIS ENOUGH. “If you beat your-self up every time, it will be impossible to change.”
-  **4 DRINK at least 60oz of water a day.** The body cannot burn fat effectively without it. Gradually add more water in per day, put it in a large container that can measure your progress and make sure to take it everywhere...in your car, work, friend’s house etc.
-  **5 SLEEP 7-9 hours** every day and keep your sleep and wake times regular. Lack of sleep can mess with cortisol, a hormone that regulates appetite. This can leave you to feel hungry and make poor choices