



3 weight loss habits



We all have habits. Behavioural traits which are often unconscious patterns learnt and acquired through repetition. Scientists agree it takes the average person 21 days of a repeated behaviour to form a habit – good or bad.

The key to successful weight loss and sustained long term weight loss is to form **good weight loss habits** and ditch those habits that led you to gain weight. This may seem daunting, but as you'll see with some tips and planning you can start with our easy 3 weight loss habits. And in just 21 days you'll be on your way to achieving your weight loss goals.

1. START! It is very easy to think of reasons to not start a weight loss program. But if you need to lose weight, these reasons are just excuses. The best weight loss habit to have – is just to get started!

- If you have tried to lose weight before and failed – don't let that stop you trying again.
- The perfect time to lose weight is NOW – not “when the kids go back to school”, “when I have more time for exercise” or “when the weather cools down” - don't wait for things in your life to align before you start your weight loss program.
- Make your health a priority – in a busy life you may be tempted to prioritise work time, organising a family or running the household. We know that weight loss provides significant health benefits – prioritise your health and start with losing weight.

2. SLOW DOWN It takes approximately 20 minutes from eating for the body to feel satisfied. If you eat too much too fast, you are likely to eat more than your body needs in that 20 minutes. By eating slowly, you are more likely to stop eating when you feel full and therefore eat less. Try these tips:

- Put your cutlery down between mouthfuls
- Chew and swallow each mouthful before taking another
- Take sips of water between mouthfuls
- Don't multitask while eating – turn off the TV, the computer and don't eat at your desk
- Enjoy the flavours of your food and savour each mouthful

3. DITCH DESSERT—Many of us finish our evening meal with dessert. Maybe as a reward for eating dinner, or simply because it is something we have always done. Dessert should be a treat—not something had everyday AND it should be a sensible choice.

- Finish your meal with a herbal peppermint tea—great for digestion and a sweet taste sensation
- Do something you enjoy after dinner, play a family game, watch a movie or walk the dog.
- Be disciplined to enjoy desserts only on special occasions or weekends.
- Enjoy a small portion of sugar free chocolate.



WHISTLE while you work

It's the song made famous by Walt Disney's Snow White & the Seven Dwarves. It's a joyful tune that has special meaning for those who taste test and pick without realising it when they are preparing food. The philosophy is simple: When you whistle while you work it's impossible eat at the same time. The more you whistle the less you eat.

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