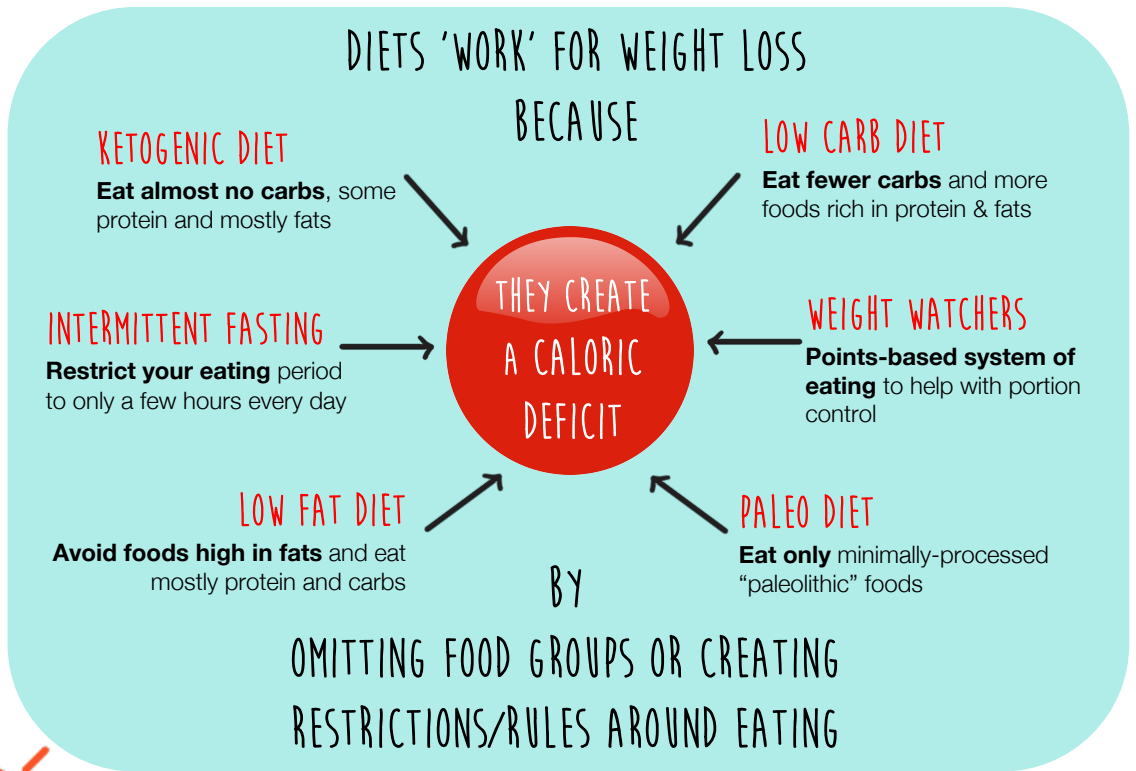




# WHY MOST DIETS

## DON'T WORK (and what will)



Deprivation is never the answer for long-term weight loss.

Dieting often leads to unbalanced meals and can lead to malnutrition. When you lose weight in this way, you sacrifice both muscle and fat. But when you gain weight back, you gain more fat than muscle: a detrimental cycle.

### EAT BALANCED MEALS



- Eat about 3 meals per day
- Make your meals rich in fruits and vegetables. Aim to make half your plate fruits and vegetables
- Avoid eating high sugar or artificially sweetened foods regularly

### FOCUS ON HOW YOUR BODY FEELS



- All bodies are good bodies!
- Rather than focusing on the scale or external markers of 'success,' try tuning in to how your body feels.
- Food and the amounts you eat should give you fuel and energy, not make you feel sluggish and bogged-down.

### MAINTAIN A BALANCED LIFESTYLE



- Make sure to get 7-8 hours of sleep each night.
- The key to burning fat is to **build lean muscle while** expending more calories than you take in. The more muscle you have the more calories you burn.
- Strength training should be part of your exercise routine but even a brisk walk counts!