

12 WEIGHT LOSS BLUNDERS

Look after your health
the **blakemore**
way



Simple diet mistakes can derail your best efforts to lose weight.

Note the following blunders to enable you to lose weight successfully.

WEIGHT-LOSS GOALS : Avoid setting yourself up for failure. Set realistic weight loss goals.

BREAKFAST : Those eating breakfast are more likely to maintain a healthy weight.

CALORIE COUNTING : Track each bite and beverage (not just meals) to gauge the total calories consumed.

BEVERAGES : Some drinks may contain more than 500 calories, which are often overlooked.

SNACKING : Healthy snacking can help control hunger & keep your body's metabolism rate higher.

WEIGHING : Weighing too often can dishearten spirits. Look for a long-term trend with weekly weigh-ins.

LOW-FAT ITEMS: Always check the nutrition label. Low-fat products aren't the same as low calorie ones.

FAST FOOD : Those consuming fast food goods are more likely to make it into an unhealthy habit.

EXERCISE : Being active allows you to eat more of what you like & puts less burden on the diet.

WATER : Dehydration causes your body's metabolism rate to decrease. By drinking more water it increases it.

DAIRY FOODS : The body burns more fat with calcium-rich foods, so a low-fat dairy diet is good for you.

CRASH DIETS : Crash diets decrease the body's metabolism rate, causing quick weight gain post-dieting.