



Take Shape for Life! Make it Easy!

- 1) Write out a thoughtful, positive affirmation to be said daily and often! Something positive that gives you energy and a boost. It is often helpful if you memorize it and repeat it throughout the day.
- 2) Restock your kitchen and get rid of all temptations. Designate a special cupboard for other family members if you must keep these tempting items around. Add good choices to your snack arsenal: celery, pickles, cucumber, sugar free jello, and sugar free popsicles. Get a TSFL blender for making shakes the easy way!
- 3) Explain to family members how important it is for you not to be tempted and that you are calling on them for help and support. I'm here for YOU...call me when you need me!
- 4) Start journaling: write down everything...what you ate, how you feel. You will learn from your daily eating habits and be inspired when reading back at your successes!
- 5) Plan your day: Lay out your products, know your time schedule. Understand that you may need to eat more frequently during that week, so prepare accordingly. Know the "do's and don'ts" of TSFL. Always have a couple extra packets of product or a bar with you or in your car.
- 6) Measure up: Use measuring cups, spoons, and kitchen scale to know that you are eating the right amount of food. You must educate your eye to proper portion size. Six ounces of meat may be more (or less!) than you think!
- 7) Always start your day with a Medifast meal (oatmeal, eggs, cappuccino, shake) first thing in the morning. The morning meal jump starts your metabolism. Research shows that people who eat breakfast burn 200-300 calories more per day!
- 8) Eat slowly! Take at least 20 minutes to eat. Use a straw to sip on your shake. Use this time to write in your journal or read a bit of a positive or inspiring book. Three shakes a day as meal replacements will make your weight loss FASTER.
- 9) Distract yourself when cravings strike. You hopefully will not be hungry between your Medifast meals, but if a craving does pop up...be prepared! Do something around the house (except the kitchen) that will take your mind off of your craving...take a walk, clean some windows, fold clothes, wash your hair, etc. Give it about 15 minutes because a craving usually will go away by then. Also drink a big glass of water during this activity, and I think you will be pleasantly surprised when you rise victorious!
- 10) Take charge at restaurants. Know exactly how you will handle yourself there. Being prepared is the best defense. Say "no" to bread and fast food! Have a shake before you go and then order two appetizers (salad and shrimp cocktail) because appetizers are much closer to the amount of food we should be eating. If you order a full meal, ask for a take home box when the meal comes and quickly place half of the dinner into the box for another day.

You Can Do It!!!! I'm here to help YOU!