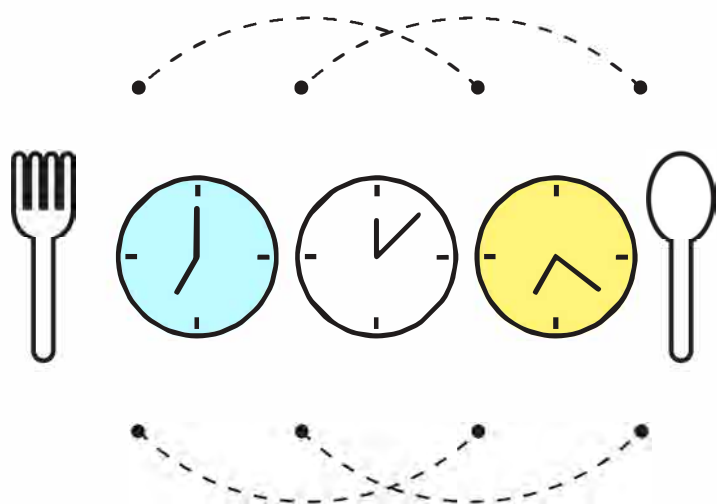


HOW TO LOSE WEIGHT

Meal-prepping Services And...



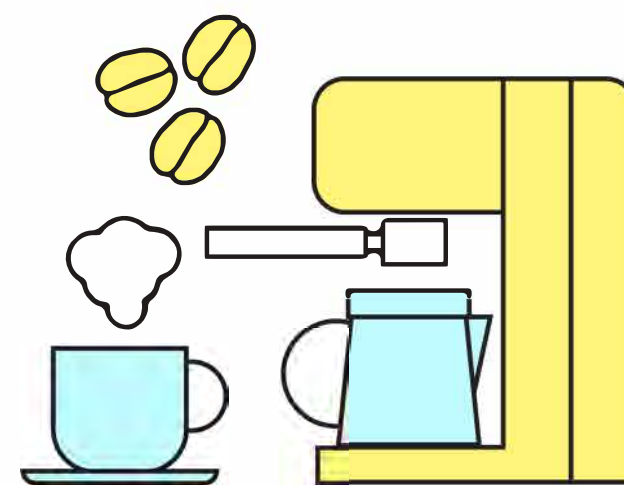
DON'T SKIP MEALS

With a meal-prepping service like BistroMD, you don't have to worry about where your next meal is coming from. You can choose to have all meals prepared (including snacks), 7-days/week if you like.

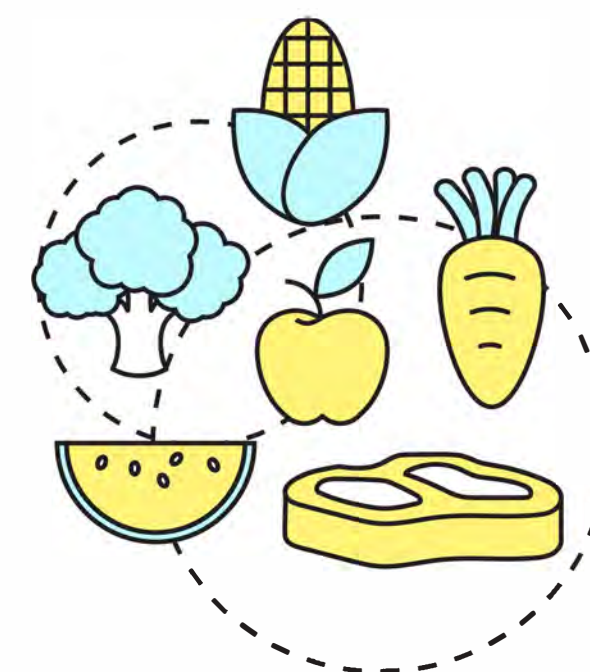


EAT SLOWLY

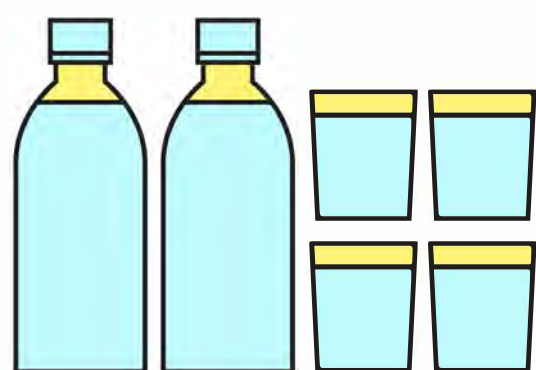
A Japanese study from Yumi Hurst and Haruhisa Fukuda assessed data from 60,000 surveyed people and found eating too fast is correlated with physical illness. There's a 42% decrease in obesity risk for slow eaters.



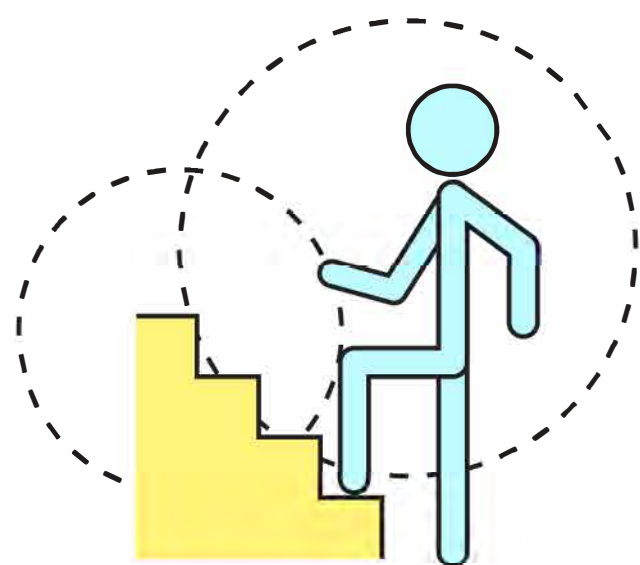
COFFEE CONTROLS APPETITE



EAT PROTEIN, FAT AND VEGETABLES

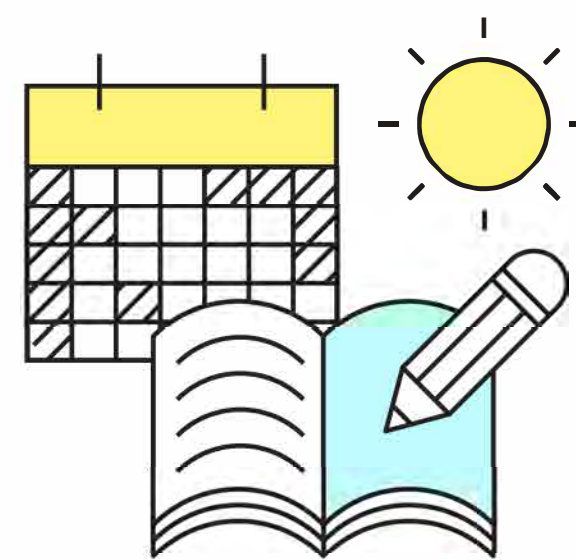


DRINK PLENTY OF WATER



SIMPLE EXERCISING

Aim for 10,000 steps each day. It's super easy to track with a Fitbit or smartphone. Take the stairs in work or walk to the bus stop/train station every morning instead of parking the car there.



MEASURE YOUR PROGRESS WISELY COUNT CALORIES



GET ENOUGH REST

You should aim for 7-8 hours sleep every night. When you're sleeping you're not eating! Plus, it's great for notably decreasing dementia and cancer risks.