What happened???

Gained a few?

SHED THE

PANDEMIC POUNDS

REALWORLDWEIGHTLOSS.COM

DON'T WORRY

I got your back

61% of adults said they experienced weight changes during the pandemic, so... you're not alone.

And...

2 out of 5 of those gained an average of 29 pounds! Hey— chin up.

We're all human.

You've got this. Read on.

Helen

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NUTRITION HACKS

1

EAT MORE VEGGIES. Vegetables are loaded with fiber, antioxidants, vitamins, minerals, and fiber. Fiber helps you feel full, and many vegetables contain a lot of water, which takes up room in your stomach.

HACKS: 1) Replace part of your carbs with veggies. If you're eating rice, have a *half a serving* and replace the other half with riced cauliflower or greens. **2)** If pasta is on the menu, half your pasta portion and stir cooked veggies into the sauce to add volume.
3) Replace your mashed potatoes with cauliflower mash. Make vegetable soup and eat it before you eat the rest of your meal.

FILL ON FIBER: Fiber helps you feel full longer and is good for digestive health. Studies show fiber can help with weight loss. In addition to vegetables, add fruit, berries, beans, lentils, chickpeas, seeds, nuts, and whole grains to what your diet. Make sure you drink water to help your body adjust to the extra fiber of you'll be extra, uh, gassy.

2

HACK: Lentil, chickpea, or black bean pastas will give you a dramatic fiber boost that you won't even notice. *Chickpea pizza crust, anyone? Check.*

.

3

WATER. VANN. WASSER. AQUA. But of course. Water helps with weight loss. In addition, water plumps your skin, helps food digest, keeps your energy levels up, relieves constipation, and keeps your kidneys healthy. How much to drink? Women need about **11 cups** per day (2.7 liters), while men need 3.7 liters (about **15 cups**!) About 20% of that will come from the foods you eat.

**HACK:** If a lot of water isn't your style, make it more exciting with:

 Splashes of lemon or lime
 Sliced cucumbers
Sliced strawberries
 Fresh mint.

In warm weather fill one of those big glass drink dispensers with water and whatever you choose to add to it. Plunk some ice to your cup and drink up!

ALCOHOL-O-RAMA. Drink less. If you've been going a little overboard during the pandemic, it's time to cut back. Alcoholic drinks can have a lot of calories (and I mean a lot). Alcohol can also dehydrate you, so now you'll have to drink even more water. Yikes!

HACK: Cut back. Pick lower calorie alcohols like distilled spirits mixed with sparkling water. Add a pineapple slice, mint, or something else that looks pretty.
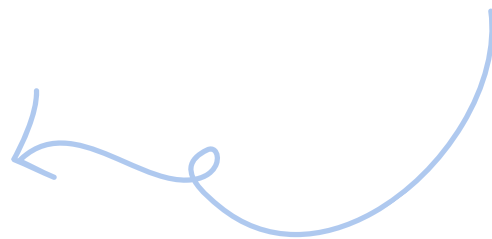
EATING HACKS

GOOD QUALITY.

Make **70-80%** of your daily calories nutrient dense (high quality, high nutrition, lower calorie).

ARE YA' FULL?

Stop eating when you are about **80%** full. Put the rest away or in a box.

SMALL PACKAGES

Trick your mind. Serve your food on smaller plates. It'll look like more.

WA WA WATER.

Drink a full glass of water about **20 minutes** before eating.

SLOOOW ZONE.

Slow down your eating.

LET 'ER GO.

Put the fork down between bites.

SIP-A-HOY

Sip water in between bites.

A FOR EFFORT?

Pick foods that require a lot of chewing or effort to get to (nuts in shells, raw vegetables, oranges).
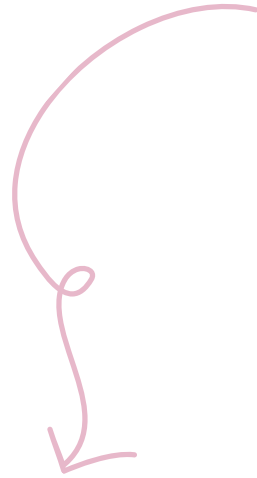
CHOP STICKS.

Try eating with chop sticks. (Trust me, I'd weigh nothing if I could only eat with chop sticks). If you're skilled with chop sticks, then skip this, eh?

PAY ATTENTION.

Don't watch TV or use yourphone while eating.

CHATTERBOX.

Make small talk. The more you talk, the slower (and less) you eat.

EXERCISE HACKS

1 **USE A TIMER.** (Online or on your device) and set it for **55 minutes**. When the timer goes off, get up and do something.

- Walk around
- Squat
- Breathe deeply
- Do big arm circles
- Walk up some stairs
- Hula hoop
- Step
- Dance
- Sweep
- Vacuum
- Do anything to move

Lunges, mountain climbers, pushups, dips, jumping jacks, planks, and yoga are all awesome. Skip through the house, run from room-to-room, or walk around with exercise bands around your knees. The "exercise band walk" really works your butt and upper outer thighs.
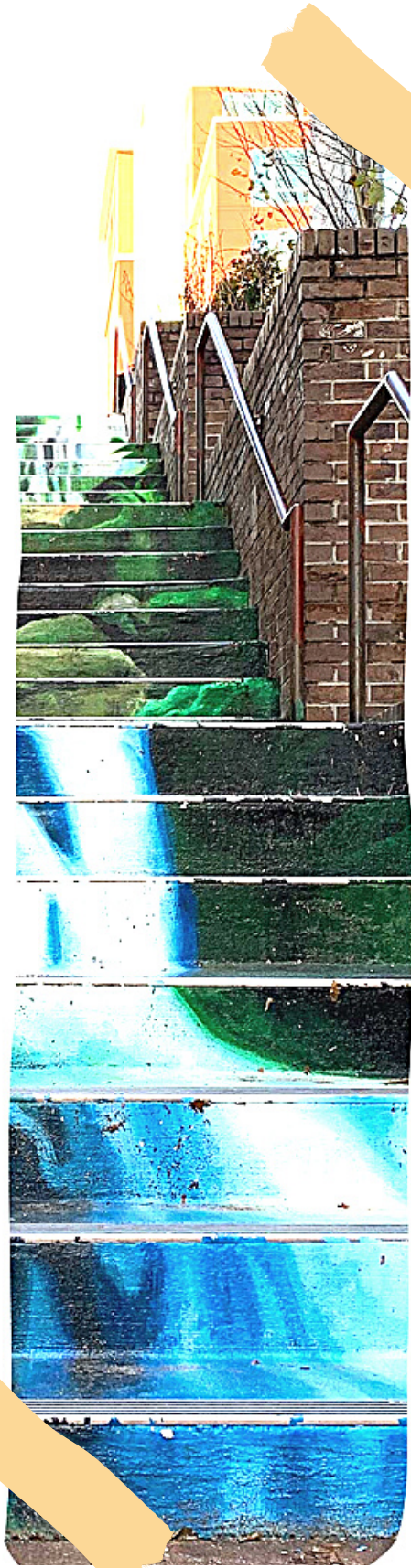
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The way to make this really effective, is to work hard during those little breaks. You want to start feeling warmish all over.

You probably will not break a sweat but you will feel that overall glow from exertion...kind of like a "good" hot flash.

You won't believe how effective these little exercise bursts are.

When you think about it, if you work a **7-hour shift** at your desk and you fit in even 3 minutes of exercise every hour, that's **21 minutes** a day you are doing something.

If you move **five minutes** every hour, that's **35 minutes a day** with not much extra work. **Add 10 minutes** in the morning and **10 minutes** of stretching or yoga in the evening, and you are up to almost **one hour** of exercise a day...with **barely any effort**.
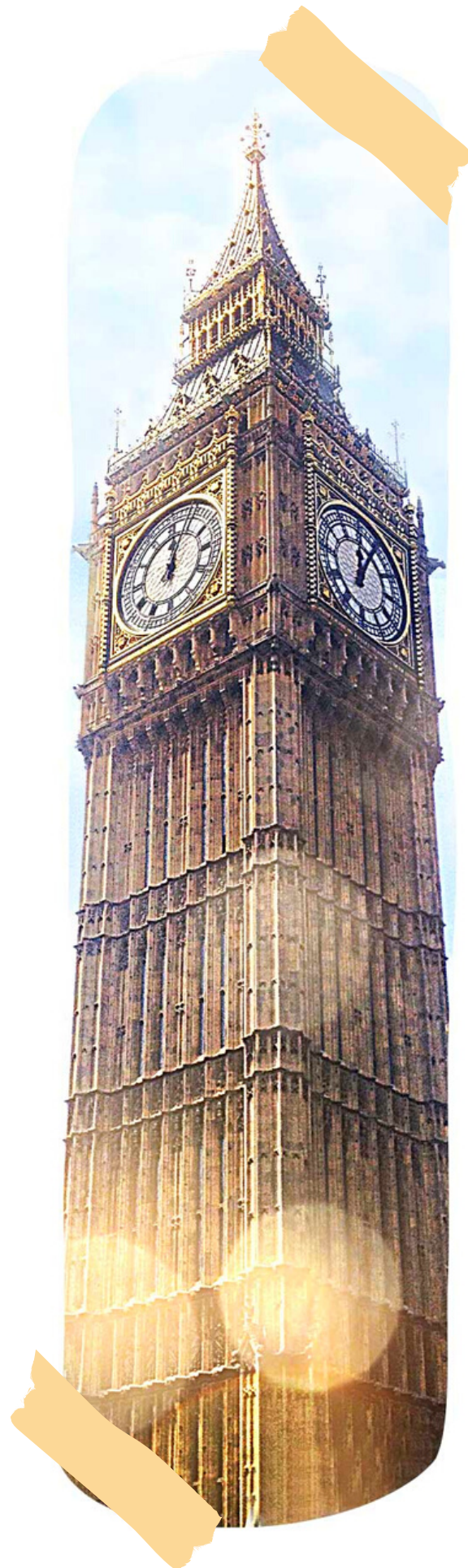
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This is something you can fit into even the busiest days. Of course, if you work in an office you will have to modify a bit, but it's certainly doable.

Even better…get your coworkers to do some mini-bouts of exercise with you. (They'll either love you or hate you for it.)

It might not seem like much, but this little trick really does work.

Something is always better than nothing. Always.

Just like some money in the bank is better than no money in the bank.

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