

HOW TO LOSE WEIGHT Some Suggestions to Help You

1. Drink 8, 8 oz. glasses of water or more each day.
2. Give yourself a small reward for each pound you lose. You could place \$1.00 in a jar for every pound you lose. Spend the money on something you want. (You don't have to need it!)
3. Try to be in control of everything you eat. Try not to put food in your mouth without first thinking: "Do I really want this? Am I really all that hungry? How many calories does this contain? Do I want this enough to eat that many calories?" Don't blindly eat without knowing how many calories you are eating!
4. Take your Cambridge 3 times a day even if you are adding additional food.
5. If you are adding additional food, have your Cambridge ½ hour before you eat it.
6. When you go out to eat, always have Cambridge ½ hour before you leave.
7. Carry a fat picture of you to look at when you're tempted to over-eat or binge, or a thin picture of you, or a picture of someone that has a body like you would like to have. Whatever works best for you?
8. Avoid people who urge you to eat or who make you feel sad or uncomfortable, or very negative people.
9. Don't tempt yourself to eat by having your favorite fattening food in the house, and don't fix your favorite foods for the rest of the family.
10. If you eat more than you plan, don't say mean, hateful things to yourself. Say I don't have to be perfect, no one is perfect. I can lose weight. I'll keep trying and not give up.
11. Try on something that is too tight each week to see how you're doing.
12. When you do well, complement yourself!!!! You don't hesitate to criticise yourself if you don't do well.
13. Read this frequently.

Bob & Ruthann Morris 1-800-427-5885