



## BALANCED DIET

- Focus on eating whole foods, including fruits, vegetables, whole grains, and lean proteins.



## REGULAR EXERCISE



## MINDFUL EATING

- Pay attention to your body's hunger and fullness cues.
- Eat slowly and savor each bite.



## GETTING SUFFICIENT SOL

- Aim for 7-8 hours of sleep per night.
- Establish a consistent sleep routine.



## MINDFUL EATING

- Eat slowly and savor each bite.
- Pay attention to the taste and texture of your food.



## POLNS SUFFRAIMENT

- Eat breakfast, lunch, dinner, and snacks.
- Choose whole foods and limit processed foods.



## PORITION CONTROL

- Use smaller plates.
- Eat until you feel comfortably full.



## GETTRESST SLOOD

- Eat a variety of fruits, vegetables, whole grains, and healthy proteins.
- Limit processed foods and sugary drinks.



## FOR BEGINNERS



## YOU THE SOUTRET UENSCES

- Establish a consistent sleep routine.
- Create a relaxing sleep environment.



## GETTING SUFFICIENT SLEEP

- Establish a consistent sleep routine.
- Create a relaxing sleep environment.
- Establish a consistent sleep routine.

## GETTING MIECSRT SPAADES SLEEP

- Establish a consistent sleep routine.
- Create a relaxing sleep environment.



# Weight Management For Beginners Tips

**R Sandford**

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