

JENI-FIT TOP TIPS TO CREATE LIFELONG HEALTHY HABITS!

Don't think of changes as a diet, think of it as a lifestyle change.

Changing habits that have been established over years of time is challenging. Make positive, healthy changes day by day, which will lead to long term sustainable results.

Eat "clean."

Choose foods that are minimally processed, foods in their simplest form, foods that are as close to their natural form as possible. Your body responds better to consumption of these foods as opposed to processed foods, therefore the body knows how to properly digest and process it. And you will feel better!

- Fruits & vegetables
- Lean animal and plant based proteins
- Whole grains
- Nuts, seeds, oils

"Grow" your meals/foods.

Expand the volume of food on your plate by adding more vegetables. Vegetables are high in fiber, have high water content, are filling, and low in calories.

Stay hydrated!

Consume at least 8-8 ounce glasses of water per day (64 ounces total). Staying hydrated is beneficial for your metabolism. Not drinking enough can cause your body can confuse dehydration for hunger.

Start your day with hot water & lemon, or an herbal tea with lemon.

This will set the intention for the day and give you a moment before the day starts.

Crowd out the unhealthy foods, and replace with healthy choices!

Change your mindset to see all the foods you CAN have as opposed to all those that you should limit, this will help you to make changes. Do not think of foods as good or bad, as this can lead to a negative relationship with certain foods. We want to approach foods that are considered a treat, in moderation.

Portion control.

This will be a main focus each day as you make positive changes to your eating habits!

Avoid grazing.

Eat every 3-4 hours throughout the day. This structure will help you to stay satisfied and prevent picking at extra snacks-all those calories add up and can hinder your weight loss.

Track ALL of the food you eat.

Being accountable for what you eat will allow you to see where changes & adjustments can be made. Maybe you are eating too little, too much, not following a plan, excess alcohol consumption, etc!

Exercise! Make exercise part of your daily/weekly routine.

Do not make exercise optional, make it a mandatory part of your day, similar to a scheduled appointment. You will improve your endurance, strength, and build muscle mass. Muscle is lean tissue and active tissue. The more muscle you have, the more calories you will burn at rest!

Get adequate sleep!

Aim for at least 7 hours of sleep each night.

For more info on DEFLATE YOUR WEIGHT & to register: call (908) 654-3300 or visit jeni-fit.com



**TRANSFORM YOUR BODY!
CREATE LIFELONG HEALTHY
HABITS! START NOW!**

JOIN JENI-FIT'S DEFLATE YOUR WEIGHT PROGRAM!

- Weekly in-person discussions + workshops with JF Nutritionists, Coaches, Psychologists & DYW Success Story Leaders.
- Weekly private or semi-private training sessions with our Nationally Certified Training Team
- Private Fitness & Health assessment
- Nutritional guidance + weekly menus
- State of the Art Group Fitness Classes
- Private Facebook Community
- PhoneText and Email Support
- JF Juice Cleanse

8 Week Program Begins

Thursday, October 2 @ 7:30

WEEK 1: Goal Setting, Tracking and Timing

WEEK 2: Grocery Store Tour

WEEK 3: Behavior Change and Portion Control

WEEK 4: Nutrition Facts + Deciphering Labels

WEEK 5: Eating Out, Ordering In + Managing Alcohol

Week 6: Special Guest Speaker: Techniques for Change

WEEK 7: Stress and Sleep Workshop

WEEK 8: Holiday Eating and Tips + Tricks for Moving Forward



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