

WEIGHT CONTROL... THE EASY WAY



Weight control... The easy way

- Avoid heavy meals which makes you feel lethargic.
- Never miss breakfast it is most important meal of the day.
- To lose weight quickly, never skip a meal. Skip breakfast and your metabolism also slows down. You will miss three or four hours of fat burning time.
- Stay full with healthy, nonfattening foods & your metabolism will continue to burn your stored fat as fast as your body will allow.
- Don't starve yourself and overeat subsequently.
- Don't skip lunch either because it leaves you feeling ravenously hungry around tea time & susceptible to eating all fried foods.
- Stretch your meals to, at least, 20 minutes or longer.
- To successfully lose weight, you need to eat slowly for 20 minutes or longer.
- Fast foods and canned foods are costly, both for your heart and your pockets.
- Avoid storing caloric dense foods in the house, if you get tempted easily.
- Don't eat while watching TV and reading.
- Eat slowly enjoying every bite.
- Boost your Self-Esteem. The more positive your self-esteem, the better you feel about yourself, the faster and easier it will be for you to lose weight.
- When stressed or frustrated - Walk.
- Keep yourself busy, it helps in diverting your attention.
- Whenever necessary go for coconut water or soda lime instead of cold drinks.
- Reduce your intake of caffeine. It leads to an increase of insulin in your body that retards the burning of your stored fat.
- As age advances, eat less and exercise more.
- Learn to distinguish between "stomach hunger" from "mouth hunger" where you just want something to chew on.
- Dine at least two hours before going to bed.
- EXERCISE is your partner in WEIGHT MANAGEMENT.



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E a t f o r b e t t e r h e a l t h

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