

# The Healthy Weigh!

Session 4

## Strategies for weight management

1. Proper portion sizes
2. Take your time
3. Satisfy your sweet tooth in a healthy way
4. Feel full on less
5. Eat 4-5 times per day
6. Do not drink your calories
7. Plan your meals ahead of time



# The Healthy Weigh Learn How To Eat Not How To Diet

**Mark Feldman, Lawrence S.  
Friedman, Lawrence J. Brandt**



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