

Do's and Don'ts of Dieting

Doctors often say a healthy body is a body which is slim. However, there are many people who are overweight and very unhappy about it. If you are one of those people, here are some suggestions to help to lose weight.

MORNING:

- * Follow a regular exercise program which your doctor has approved.
- * After exercising, eat a small breakfast.
- * Prepare your food for the entire day and put it in one part of your refrigerator.
- Don't buy food which is high in calories.

LUNCHTIME:

- * Don't have your lunch in places where you are tempted to overeat, such as cafés or restaurants.
- * Eat in the park and enjoy the fresh air, or have lunch with someone who is also on a diet.

DINNER TIME:

- * Always take your time with your evening meal.
- * Eat slowly and enjoy good conversation with your family or friends, especially those who eat sensibly.
- * Don't listen to the radio, watch television or read while you eat. These are distractions which detract from your enjoyment of the meal and lead to automatic eating.

EVENING:

- * Don't read magazines and books which highlight recipes and food advertisements.
- * Don't watch cooking programs on TV which will make you hungry.
- * When you go to bed, close your eyes and think of your next vacation. Imagine a slim person at the beach... a slim person who is YOU!

The Dos Dents Of Delightful Dieting A Media General Publication

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