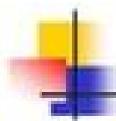
# The Healthy Weigh!



Session 4

# Strategies for weight management

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



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

**Judith Matz, Ellen Frankel** 

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