

THE KEY TO LOSING AND MAINTAINING WEIGHT IS

STOP DIETING

Come back to basics for me. Stop counting every single calorie that enters your mouth and remember the following 7 key points:

- 1.** you must eat to lose weight
- 2.** break the overnight fast by eating breakfast, the most important meal of the day
- 3.** it's great to feel hungry regularly, this means that your metabolism is working at a great pace
- 4.** guide the volumes that you are eating by leaving the table without feeling overly full just comfortable. This would mean that within 3 to 4 hours you would start to feel a little hungry again
- 5.** you can eat everything, it is the amounts that is the key
- 6.** exercise efficiently your time is valuable, the Take Control assisted by Helen Bauzon twin DVD will educate you on this
- 7.** enjoy your once a week splurge guilt free. Once you stop dieting you will feel comfortable about this



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