

Preparing For Success



Try some of these tips for quick and easy changes you can make for a healthier day to day lifestyle.

Trim the Fat

Remember to stick to lean protein sources and trim the fat where possible.

Start the day right

If you have a routine you enjoy then stick with it, don't change a meal or timing just because you think it might help.

Pack a lunch

Get organised, prep your lunches and make sure you are not relying on buying food out too often for lunch, you are far more likely to unintentionally overeat.

Veg out

Pack out your meals with lots of green veggies and salad, all are extremely low calories and will help fill you up.

Slow down

It is common to overeat at meals time simply because we are eating quickly, we ignore or can't tell when we are full. The longer you take, the more you learn what food you need.

Plan ahead

When eating out check the menu beforehand, make a plan & stick to it. Too much choice can sometimes be our biggest enemy.

Eat fruit

Incorporate some fruit into your day, this can replace unnecessary snacking and add some vital vitamins and minerals into your day.

Drink wisely

Hunger is often misinterpreted as thirst, so have a glass of water before reaching for a snack.