



# *Julie Scott Nutrition*

## *Energize Your Life*

Julie Scott, JD, CNC - 650-397-1037 - [www.JulieScottNutrition.com](http://www.JulieScottNutrition.com)

### **Summer Weight Loss Success Strategy**

- Make a decision – will you lose the weight?! Only you can answer this.
- Dealing with the temptation –what to do about fattening food everywhere.
  - Your home is the safe zone, don't bring in unwanted foods.
  - If unwanted foods come into the home, throw them out. You are not the garbage disposal.
  - When going to a party, don't arrive hungry.
  - Wear tight fitting clothing, it will keep you mindful of what you are eating.
  - Hold something like a glass of water in your hand to prevent absent-minded eating.
  - Limit alcohol intake – this is unnecessary calories.
- Reduce Stress
  - Belly breathing – Just 5 – 10 minutes a day can have a big impact.
  - Practice gratitude – see the glass as half full.
  - Let time be on your side, remember you have all the time you need.
  - Life - "The 2 Prong Approach" – take care of yourself and then have a positive impact on others.
  - Yoga, Meditation, Qi Gong, Tai Chi
- Loss of Control, Routine
  - Keep healthy snacks on hand – don't let yourself go into starvation mode.
  - Weigh yourself daily. Stay accountable – no matter what.
- Nutrition Counseling
  - Turn information on weight loss into action.
  - Get expert guidance on creating a nutrition plan that fits your food tastes and your lifestyle.
  - Learn proven techniques to help you reset your habits.
  - Address mind-set obstacles that stand in the way of your desired outcome.
  - Give yourself the accountability and support that keeps you on track.