

Connie Stapleton, Ph.D.

author of *Eat It Up! The Complete Mind/Body/Spirit Guide to a Full Life After Weight Loss Surgery*

GOTTA DO EM'S <small>SM</small>	M	T	W	Th	F	Sa	Su
MAKE CONSISTENTLY HEALTHY FOOD CHOICES							
protein first plus a vegetable or fruit							
MAINTAIN PORTION CONTROL							
forever more in every eating situation							
EXERCISE ON A REGULAR BASIS							
that means <i>daily</i>							
DRINK PLENTY OF WATER THROUGHOUT THE DAY							
but <i>not</i> 30 minutes before or after meals							
EAT BREAKFAST							
protein, protein, protein... doesn't have to be traditional breakfast food							
PLAN YOUR MEALS AND FOLLOW YOUR PLAN							
you don't have to want to... you just have to!							
KEEP A FOOD DIARY							
it keeps you accountable and is the best way to maintain weight loss							
KEEP AN EXERCISE DIARY							
it will remind you of all the great hard work you are doing							
GET ENOUGH SLEEP							
who knew there was a connection between sleep and weight? there is!							
UTILIZE A HEALTHY SUPPORT SYSTEM							
ObesityHelp.com of course!							
PARTICIPATE IN INDIVIDUAL AND/OR GROUP THERAPY							
okay... not a daily thing, but a very good idea on a weekly basis							