

## **THE DAILY DOZEN: A FRESH APPROACH TO WEIGHT LOSS**



### **Habits, Not Diets**

Improved health seems like a better goal than “lose weight.” But eating healthfully and exercising regularly are habits that take time. Most of us fail at traditional weight loss programs because we don’t give our bodies the time it takes to form new habits.

### **A Good Habit is Hard to Break**

Habits take time. Some experts say 21 days, others say 30. I think a good habit takes up to six weeks to form. Either way, habits are

stronger and form faster if repeated every day and at the same time.

### **Change Your Cravings, Change Your Diet**

Our bodies crave what we give them. If we regularly eat meat and potatoes, then we crave meat and potatoes. If relaxation time includes a soda and bag of chips, then we naturally reach for the salty crunch when we’re ready to wind down. But here’s what’s so exciting about cravings: we can reprogram each of them. Eat a salad every day for lunch for thirty days, and guess what you’ll start craving around noontime? You got it – crisp greens and a glass of ice water. Treat yourself to a walk when you have a little down time, and your body will start craving exercise.

### **One Habit at a Time, One Month at a Time**

Instead of the same ole’ diet, try something new this year. Practice each of these healthy habits for an entire month, then add a new habit the next month, and another the following month. Each month you’ll be creating a new craving and a new habit. By the end of the year you’ll have twelve healthy, daily habits that will undoubtedly lead to weight loss, improved health, and all around success! Let me know how you do!

### **Read on for The Daily Dozen Diet Plan...**

## **The Daily Dozen One Month at a Time**

Continue each habit into the next month until you're practicing all twelve of them every day.

- January**      Drink 4 – 6 glasses of water every day.
- February**     Eat a piece of fresh fruit with breakfast every day.
- March**        Take a multivitamin every day.
- April**         Exercise for 10 minutes or more every day.
- May**          Eat a fresh vegetable with dinner every day.
- June**         Visualize optimal health every day.
- July**          Eat another piece of fresh fruit every day
- August**       Eat a vegetable or salad with lunch every day.
- September**   Repeat positive healthful affirmation every day.  
(Examples: My body enjoys optimal health. I make healthful food choices.  
Every day in every way I'm getting healthier and healthier.)
- October**      Keep a food & exercise log every day.
- November**    Give thanks for something every day.
- December**    Give yourself one tiny treat every day.  
(It doesn't have to be food.)

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