

5 Simple Steps For Healthy Weight Loss



It finally clicked.

I come from a long line of obesity and diabetes. I had to find a way to change my health trajectory. I began to study and try different methods of weight loss, some from the mistakes of loved ones and some from my own attempts. Yo-yo diets weren't sustainable and only made me feel more defeated in the end. What was the answer?



Being on my own health journey and coaching others along on theirs, I'm constantly learning about living a healthier lifestyle. The other night I was listening to another amazing testimonial of someone on my team's story of losing over 200 pounds when it clicked.

I've been overcomplicating it for myself and my customers! A healthy lifestyle is simple! It just boils down to 5 things.

What are the 5 steps you should be doing to have a healthy, sustainable weight loss and maintain those results?

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1. Drink more water
2. Eat more vegetables
3. Track what you are eating.
4. Weigh yourself every day
5. Replace 1 meal a day

Extra Credit: Exercise

1. Drink More Water

Drinking water has so many benefits. By drinking at least half of your body weight in ounces of water, you'll not only be less hungry but you'll see other benefits such as your skin looking better, think more clearly, and lose more weight. I'll share more tips on how to actually drink more water in the next email.

2. Eat More Vegetables

Veggies not only give you amazing vitamins that your body needs to function better, it also fills up your stomach to make you more full. By starting your meal by eating veggies, you'll find that your stomach is more full and you won't have as much room for the carbs you crave. I'll share some of my carb to veggie swaps in another email.

3. Track What You Are Eating

Writing down what you put in your mouth keeps you accountable and aware. When we don't track it, we don't know how to control it.

4. Weigh Yourself Every Day

Ok, don't let this one trigger you! Stay with me. A scale is a measuring tool, not a torture machine. By combining it with tracking, you are able to see how your body responds to certain foods and adjust accordingly. We'll discuss this in further detail in another email.

5. Replace One Meal A Day

By replacing one meal a day with our superfood shake, Shakeology, you are replacing empty calories with a daily dose of dense nutrition which helps your body not only perform to its potential but also helps with digestion, metabolism, energy, and weightloss.



Extra Credit: Exercise. By treating exercise as extra credit, it doesn't feel like torture, therefore you are more likely to find moving your body as something to look forward to! You can lose weight without exercise but you might find that the proper exercise will help aid your weight loss goals.

Pretty simple, huh?

In the coming days, we'll expand on each of the 5 Steps to help you understand better so you can start implementing in your life today!