

12 WAYS TO
Lose Weight
FASTER



ROOTEDDISH.COM



Hi friend!

Losing weight can be a slow process. A few calories contain a lot of energy, so it takes time.

For many women, this can be discouraging, and cause them to give up before they get the results they desire.

However, there is plenty you can do to move the process along!

Adopt a few, small habits and your weight loss journey will be accelerated.

Sincerely,

Coach Granetta

certified Health Coach

Plant-based cooking Instructor

Hula Hooping Instructor

[ROOTEDDISH.COM](https://rooteddish.com)

12 Ways To Lose Weight Faster

TRY THESE STRATEGIES...

01

Make vegetables the main course of every meal.

Vegetables are packed with vitamins and minerals, and most have few calories.

02

Eat more unprocessed foods.

If you only eat meat, vegetables, fruit, and grains, it's not easy to eat enough to maintain a heavy body weight. It's the processed foods like pasta, bread, cookies, ice cream, and cheese that usually create an issue.

03

Stick to no-calorie beverages.

It's easier to drink a lot of calories than to eat them. Sugary drinks can add a lot of calories in a hurry. The same goes for your morning latte. Water is the best option.

04

Take a morning walk.

Instead of having breakfast, put on your walking shoes and take a tour of your neighborhood or hop on the treadmill. A 20-minute walk can do wonders if done regularly.

05

Eat more fiber.

Fiber can fill you up, stabilize blood sugar levels, and keep you regular.

06

Make Meals with Carbs, Fat and Protein

Many people don't eat balanced meals. A balanced meal has carbohydrates like vegetables; healthy fat (ex. nuts or seeds); and protein. If all three components aren't there you may lack sustained energy and vital nutrients.

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07

Get enough sleep.

Those that sleep less than 6 hours tend to have a higher percentage of body fat. Your body doesn't operate optimally without enough sleep.

08

Move more.

Find ways to add more steps to your day. Park further from the door when you go to work or to the store. Use the stairs instead of the elevator or escalator.

09

Eat mindfully.

Pay attention to your food. Notice the taste and focus on the sensation of eating.

10

Be careful when eating out.

It's easier to throw caution to the wind while dining at your favorite restaurant. Try to eat at home where you have more control over the situation.

11

Get a partner.

You'll stick to your diet and exercise program better if you have a partner to keep you accountable.

12

Eat slower.

Chew your food completely. Drink a full glass of water with dinner. Count to five between bites. Do whatever is necessary to slow down and you'll eat less.

READY FOR THE

Even More?

If you like these suggestions, but you're not sure where to start...

book a free Vibrant Woman Strategy Session.

If you feel like you've tried to get healthy for years with minimal success or changes that don't last, you may be missing something.

Let's talk and see how we can create at least 1 healthy habit that you can incorporate into your life right away!

**BOOK A VIBRANT WOMAN
STRATEGY SESSION**

