

# 8 Steps for Beginning a Healthy Weight Loss Plan:

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1. **Calorie Control.** Meal replacements are a great way to let you know how many calories you are consuming and can really help take the guess work out of the equation.
2. **Look For High-Quality Protein.** Protein helps to keep you feeling full and is very important for a healthy diet.
3. **Track Your Calorie Intake.** This can really help you to identify challenges in your day or week. Keep a food journal or simply track your calories on your mobile device.
4. **Measure Your Progress.** Get in a good habit of reviewing your weight loss progress and goals on a regular basis.
5. **Pump Up Your Walking Steps.** Take a couple of five to ten minute walking breaks during your day to walk around the building or hallway. Also, taking the stairs and parking farther away can be another great way to help increase your daily steps.
6. **Plan Ahead.** Always have healthy foods on hand for quick meals and snacks for busy days. Having a backup plan for your physical activity routine is wise too.
7. **Eat On Schedule.** Consuming a healthy meal or snack every few hours during the day is a great way to keep your blood sugars stable and you feeling your best!
8. **Keep Food Portions In Check.** Weigh and measure problematic foods in your diet. Watch out for restaurants, as they often serve large portions containing more calories than needed.



So give these simple tips a try and remember that by making a few simple adjustments Now can result in incredible results Later!

~ *Team MedLinkHealth*