

NOT ANOTHER DIET!

RETHINK WEIGHT LOSS AND BEGIN TO EAT HEALTHY AS A WAY OF LIFE.

Visit your physician to see what is realistic for you, and set a goal!

Baby steps are fine. Try changing one thing at a time.

Add fruits and veggies.

Replace high sugar beverages with water or tea.

Reduce refined carbs and sugar.

Add whole grains, nuts, and seeds.

Add lean chicken and fish.

Get plenty of rest.

Walk more.

Reduce stress – laugh, sing and dance!

Add weight training or resistance workouts such as yoga.

We are here to help you achieve your goals!

**Contact your Care Management Team at
caremanagement@highcarehealth.com.**

