

Healthy House Makeover

Reduce your Refrigerator

Begin by brining a trash can over to the refrigerator. You can decide to dump all the following foods or take them to a local food kitchen or neighbors house. Call ahead and ask if the food will be needed. If not, you will need to make a clean and healthy sweep of your fridge.

Get rid of all whole dairy products such as milk, cheese, yogurt, butter cottage cheese and mayonnaise. Also, processed deli meats, bacon, sugary sodas, beer, wine, peanut butter, jellies, salad dressings that are not low fat and low calorie, and any other foods that contain high calories, fat, or sugars.

Fill your refrigerator with fat-free or low fat dairy products skim or soy milk, low-fat cottage cheese, low fat yogurt, lean chicken and meats, hummus, eggs, fresh fruits and vegetables, sugar free Jell-O, tofu, condiments such as ketchup, mustards, pickles, and varieties of vinegars. Keep frozen veggies and fruits and sugar free popsicles in the freezer. The choice is of course yours, but make them all healthy.

Perk up the Pantry

Get rid of any tempting foods that could sabotage your healthy eating choices. If you have children or teenagers, it would be best to have them eat healthier too, but if you must have foods that do not fit into your plan, put them in a lower cupboard and don't go near them.

Get rid of the white rice, vegetable oil, cereals and flavored oatmeal, cookies, cakes, muffins, white flour, white bread, candy, all chips and crackers, pretzels, and peanuts.

Replace them with brown rice, canola and olive oil, healthy oatmeal, whole grain high fiber breads and pitas, whole wheat flour, walnuts, and beans. Also stock up on a variety of spices and herbs.

Clean up your Kitchen

Put your regular dinner plates in the back of your cupboard and bring out the 6-8 inch salad plates.

Make sure you take the time to sit down at the table during meals and do not stand or walk around while eating.

Put away any cookie jars or food triggers that might be sitting out on the counter.

Put reminders of your success such as: I've Lost 12 pounds!
Written inside the cupboards and on the front of your fridge.

Ready your Bedroom

It is very important for your health and weight loss that you get at least 7 hours of sleep. The more the better.

Put away all the clutter in your room.

Take the TV out or do not watch in bed.

Make it a point to choose a bedtime that allows you to get 8 hours of sleep and then stick with it.

Make sure that you keep your room at a cooler temperature while you are sleeping.

Never eat in bed.

Write in your journal before you fall asleep and review the day.

Write in your journal upon rising and plan the day. What is your goal today? What are you looking forward to?

Say "Hello" to new Habits!

If you have been holding on to some pretty bad habits that you feel are keeping you from getting to your goal weight and reaching your optimal health, then it is time to say "good Bye".

Make a list of all those habits that you want to rid yourself of and replace them with healthier ones that support your new healthy life!

For example, if you normally come home after work and snack, instead come home and put your walking shoes on and enjoy the afternoon outside (maybe even get a dog to keep you company on your walk).

