

## Do you feel like you eat right & still can't lose?

Written by Tyeisha Delk  
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The time is now to start to take control of our bodies and minds. No one knows what tomorrow holds but we do know that today, right now, this very second, we can start to make a change! Start to record your daily intake. The discipline of recording your food intake can nearly double the weight loss you would've had without committing pen to paper.

### Helpful tips

Some of the patterns that can lead to weight loss success are:

- Reducing fast food and take-out meals. Those who ate fewer meals out often did better, Stevens said. "Lunch is an issue for many people, and we found if they pack their own lunch then they get to control their portion size and what they're eating and not someone in a commercial kitchen."
  - Eating breakfast
  - Getting 180 weekly minutes of structured physical activity such as walking, biking or swimming. Participants got an average of 112 minutes a week, exercise is especially important in the weight maintenance phase.
  - Setting a daily calorie budget. Some participants set a limit of 1,500 calories a day and stopped consuming additional calories when they hit that number.
  - Creating the right environment to control your weight. That means keeping company with people who, say, go to a gym regularly or bring their lunches to work and staying away from things that trigger your food weaknesses.

Join the 60 Day Weightloss Challenge by becoming a leader (hosting your own meetings) or by joining our future meetings in the Brooklyn, NY area. Tell them **Tyeisha Delk** sent you.

Tyeisha  
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