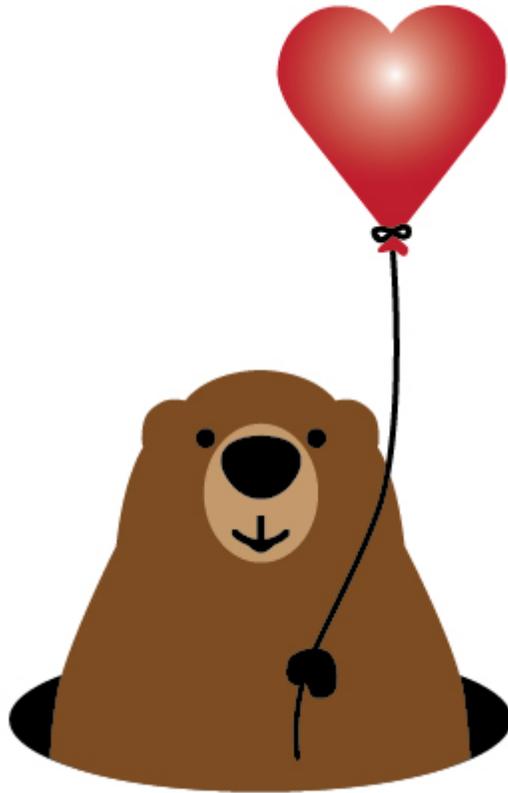


Weight Loss-R_x

Happy February!



Ok, let's be honest. As far as months go, February is kind of lame. Other than for Valentine's Day and Groundhog

Day, there isn't really much going on. It's dark, cold, gray and really just gross. If you are like me, it gets hard to be motivated to do much of anything. So here are some ways to lose weight without doing anything at all! Seriously. These techniques do not require you to actually do anything, just to think differently. Try them. They are easy and I guarantee you they can help.

1. Be Aware of Your Food



Studies show that how satisfied we feel after we eat depends not on how much we actually ate, but how much

we **think** we ate. Try paying more attention to your food. Savor each bite slowly and with all your senses (taste, smell, texture, etc.). Don't mindlessly go for a second serving unless you are actually still hungry. And above all, resist the temptation to finish everything just because your mother said you should. When you are full, stop. If you want to read about a fascinating experiment on this, click [here](#).

2. Visualize the Goal



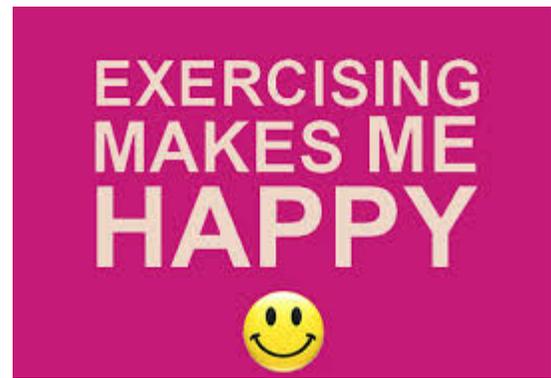
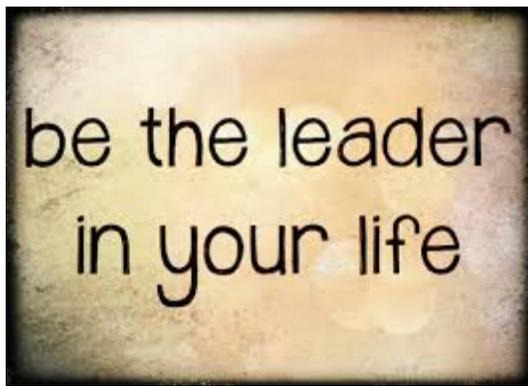
Spend just a few moments each day visualizing what you would look and feel like with a few less pounds. To help you do this, try pasting a picture of your head on the body you'd like and put it up somewhere where you'll see it

every day. You'll be surprised how powerful an image can be.

3. Repeat Motivating Mantras



Sometimes we just need a little fire to get motivated. Try out some motivational mantras like "You've got this!", "Yes you will!", "Every day you're getting stronger!", etc. Hang up an inspirational poster or write your phrase on a sticky note and place it where you will see it all day. Mantras don't cost a thing and with a little practice they really work.



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Sincerely,
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Weight Loss-Rx

Feel Great, Look Incredible

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