

Anne's Strategies for Official's Weight Loss

Let's Start of by.....



Let's face it.....we officials spend a great deal of time in a car getting from "point A" to "point B" – from work, to home, to the field or court. How can we possibly eat properly? How is it possible?

Let me introduce my 3 P's.....

Anne's Three P's

Planning

Picking

Packing

Let's Start with Planning Strategies

- Pick a day and PLAN your healthy meals for the week.
- Take a shopping list of the PLANNED meal items with you to the grocery store.
- Review your work and officiating schedule for the week – determine what days may be challenging.
- Develop a healthy strategy for those challenging days.

On to Picking Strategies.....(pictures say a thousand words).....

Picking –Do's



- Make sure to have your shopping list!
- Stay on the outside aisles of the store.
- Try something new for variety.
- Select REAL food and 'lots of color!

Here are some picking don'ts.....

Picking – Don'ts

Stay out of the center aisles –
Processed sugar lives there!



And another.....

Picking – Don'ts

AVOID Fast Foods! They will
SLOW you down!



We want to be FAST on the field/court.....not
SLOW.....ugh!

Words of Wisdom when it comes to PICKING -

Know How To Read Labels

Do some homework here, and understand food labels

– Here are some pointers

- Go with low sugar
- high fiber
- low sodium
- healthy fat options.
- The fewer the ingredients.....the better.

And the final P is.....

Packing

- Keep packing supplies handy
- Have a cooler designated for your car
- Pack the night before
- Make pre-packed items and keep in refrigerator
- Is there left-overs that you can pack for snack?
- Make the EFFORT!

EAT RIGHT
feel amazing



Final Words of Wisdom

Let Food Be your Medicine –
Let Medicine be your Food

Hippocrates

Ready to put these strategies to work for weight loss?
Sign up for your FREE coaching session with Anne
today on my "Coaching Packages" page on
www.thehealthyezebra.com.