

5 Secrets to *Slimming Down*

Plan ahead of time.

1.

Set aside time each week on your calendar for food planning and prepping. Planning your meals will set you up for success. As we all know, a failure to plan is a plan to fail. So, let's be successful and intentionally plan your meals. Make your food prep time fun by listening to a book or podcast while you prep!

Remove gluten from your diet.

2.

Research shows that everyone has at least some sensitivity or inflammatory response to gluten, even if a gluten sensitivity hasn't been. Gluten causes blood sugar levels to spike, which causes insulin levels to spike, which then causes blood sugar levels to CRASH, leaving you with low energy and craving more. Gluten is a protein that acts like glue inside of your body. It attacks the lining of the intestines, which impedes your ability to absorb nutrients. Gluten robs your body of the nutrients it needs to fuel its processes. When your body doesn't have the necessary nutrients your metabolism gets SLOWER.

Engage your Core in Yoga and Throughout your Day.

3.

To engage your core, simply tuck your tailbone and you will feel your belly draw deeper into your body. Incorporate this simple tuck of the tailbone into your day and you will be engaging and toning your core.

Have a Support Network.

4.

Research shows that when people are on a diet, they are more successful when they have the support of a group.

Be consistent with your workouts.

5.

We are all creatures of habit and creating the habit of exercising daily will change your life. Make working out part of your daily routine, even if for just 15-30 minutes a day.

