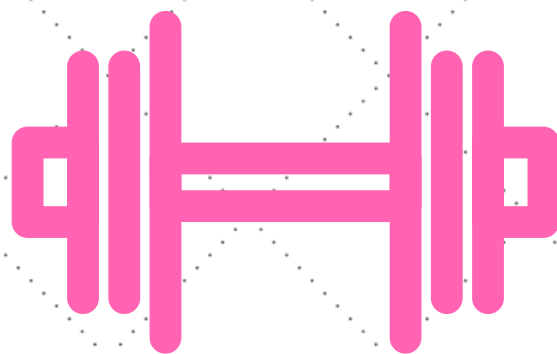


10

Commandments
of
Weight loss

• www.christsoldiergirlfitness.com •

- You shall not compare yourself with another person. You are your own competition
- You shall not make the scale your judge, take progress pictures and also measure yourself
- You shall stay hydrated with water throughout the day
- You shall control your portions and serving dish sizes



- You shall eat small meals often times throughout the day to avoid starving
- You shall sleep well
- You shall do your best to minimize stress levels
- You shall avoid or minimize artificial sweeteners and processed foods
- You shall find ways to involve exercise throughout your day
- You shall keep your meals clean and include healthy carbs, protein and fat

