



Losing Weight for Athletes

TIPS FOR LOSING WEIGHT WHILE STILL HAVING ENERGY TO EXERCISE.

1. Eat smaller portions. Choose foods you enjoy.

2. Reduce food intake by 10-20% from normal.

3. Eat enough during the day to maintain energy for exercise at your best.

4. Reduce evening meals. *"Fuel by day, burn at night."*

5. Keep food out of sight. Eat only to nourish.

6. Eat slowly! It takes 20 minutes to receive fullness the signals from the brain.

7. Find other activities that you enjoy to manage boredom, stress and anxiety.

8. Consider journaling 5-10 minutes each day.

9. Visualize eating well and achieving your weight goals.

10. Plan a maintenance day, but don't over-do it!

11. Weigh yourself once per week, in the morning.

12. Celebrate success!