



# TIPS FOR REVERSING WEIGHT GAIN

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sass!  
yourself



Many clients I've worked with have reached back out to me after a "slack off" period led to a weight rebound. It may have started with a birthday, vacation, or just being super busy, and boom, before they knew it their jeans were too tight again, and they needed a strategy to undo the damage. If you're in that boat, and you want to reverse the pattern put these six simple steps into action. In less than a week you'll be feeling svelte again – no "diet" required.

## Step 1



Start eating on a regular eating schedule. When you've gained a little I know it's tempting to skip meals, but that habit can actually lead to hanging onto any fat you've gained, rather than letting it go. Instead, eat breakfast within an hour of waking up and eat your remaining meals every three to five hours apart. Consistently timed meals can help maximize metabolism, as well as regulate hunger, energy, blood sugar, and insulin levels.

## Step 2



Instead of drastically cutting your portions make non-starchy veggies the main ingredient in your meals. For example, instead of sandwiches, wraps, or burritos stick with salads made with leafy greens and chopped veggies, topped with lean protein, a bit of good-for-you fat (like avocado or guac), and a small portion of healthy, slow-burning carbs, like brown rice or black beans. When you up veggies, which are low in calories and high in nutrients and fiber, and cut back, but don't completely cut out carbs, you can shed pounds feeling full and energized, not starved.



### Step 3

Eat slowly. Pay attention to your fullness meter as you're eating, and stop when full, even if you haven't finished your meal. Eating more slowly has been shown to increase feelings of satisfaction, even when you eat less or differently than you've been eating. To slow yourself down set your fork down and take a breath between bites. One study showed that this tactic was just as effective for getting results as a formal weight loss class.



### Step 4

Up your activity in easy ways. If you can fit in actual workouts great. But if you can't build in more movement throughout the day. Park your car further away, take the stairs, go for a quick 10-15 minute walk after meals, or pop in some ear buds and dance to some upbeat music.



### Step 5

Drink more H<sub>2</sub>O. This tip is tried and true for weight loss. Water supports optimal metabolism and naturally curbs appetite. Drinking more also water flushes out excess sodium and fluid your body may be hanging onto, so it's an effective de-bloater. And water gets things moving in your digestive system to relieve constipation. Aim for 2-2.5 liters a day (about 8-10 cups). And for at least a week or two ditch anything carbonated, which can contribute to bloating.



### Step 6

Take a daily dark chocolate break. Research shows that eating a small amount of dark chocolate every day helps curb cravings for both sweet and salty foods. That means if you build a little into each day you'll be less likely to want chips, cookies or other goodies. Stick with two to four squares of 70% cocoa or darker. If you know you have that treat to look forward to you'll be a lot more likely to stay on track with healthy meals and start feeling lean again.



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**YOUR HEALTH QUESTIONS**  
**& CYNTHIA SASS WILL ANSWER THEM!**

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