

15 SKINNY HABITS TO LIVE BY



Skinny Habit #1: Eat an early dinner:

Stop eating three hours before you hit the sack. Then, while you sleep, your body is better primed to burn fat instead of creating more.



Skinny Habit #2: Weigh yourself daily:

Monitoring your weight keeps your mind on your health and prevents weight denial.



Skinny Habit #3: Reward yourself:

A great way to stick to a low-calorie diet without breaking down into rebellious binge-mode is to reward yourself with a small dessert every day. Pick a food you love, and at the end of every day, reward yourself with a portion of about 200 calories. But remember—you only get the reward if you deserve it.



Skinny Habit #4: Eat breakfast:

Eating a nutritious morning meal jumpstarts your metabolism and prevents you from overindulging throughout the day. For optimal weight-loss results, choose a breakfast dish with a healthy balance of protein and fiber, like eggs with fruit and whole-wheat toast.



Skinny Habit #5: Take snack breaks:

Consuming low-sugar, high-protein snacks promotes weight loss. Healthy snacking keeps your blood-sugar from spiking, preventing hunger pangs, cravings, and body fat storage. An ideal snack choice? Nuts. The balance of protein, fiber, and healthy fats is sure to keep you satisfied between meals.



Skinny Habit #6: Drink water:

The average American drinks 450 sugar-loaded calories a day. Replace half of what you drink with water and you'll save 23 pounds per year!



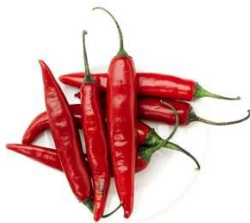
Skinny Habit #7: Order a la carte:

Resist the temptation of the almighty “value” meal and order a la carte items, like a modestly sized burger and a non-fried side dish. You'll save both calories and cash.



Skinny Habit #8: Choose whole grains:

Choosing nutrient-rich whole grains over processed, white flour-based products can play a major role in keeping you lean. Their healthy dose of fiber helps slow digestion, keeping you fuller longer. But don't be fooled by “made with whole grain” labels. True whole grain products will list whole grains first on their ingredients list (think "whole wheat" flour instead of "enriched" or "bleached" flour).



Skinny Habit #9: Eat spicy food:

A chemical compound called capsaicin, found in chili peppers, acts as an appetite suppressant. Capsaicin has also been shown to boost metabolism and fight inflammation. Routinely adding spicy ingredients like cayenne or red pepper to your meals is an easy, flavorful way to stay slim.



Skinny Habit #10: Sleep for 6 to 8 hours each night :

Lack of sleep has been shown to increase appetite, lower willpower, and strengthen cravings for high-calorie foods.



Skinny Habit #11: Take the stairs:

Most of us are aware that formal exercise is a key component in maintaining a healthy weight, but simple choices like taking the stairs can be just as important if you want to stay trim. Make the most of daily motion by also walking to lunch, parking at the back of the lot, or skipping email in favor of short walks to deliver messages to coworkers.



Skinny Habit #12: Chew thoroughly:

The increase in chewing simultaneously lowered levels of appetite-stimulating hormones and increased levels of appetite-suppressing hormones. One way to make sure you chew your food thoroughly: Stop to eat. Eating on the go—in your car, for example—can lead you to quickly inhale a ton of calories before your body has time to let you know it's full.



Skinny Habit #13: Walk after meals:

Taking a walk after dinner can help you lose weight, and not just because walking burns calories. Light, post-meal exercise—like walking—can lower your blood sugar and prevent your body from storing fat. Don't have time for a walk, you say? Not a problem. As long as you keep moving after you eat, you will reap similar benefits. Even doing the dishes or completing other household tasks can help.



Skinny Habit #14: Keep healthy food on hand:

Surround yourself with healthy options. Don't use convenience as an excuse for a shameful diet. Keep fresh fruit on your kitchen counter, store healthy snacks like nuts in your desk at work, keep pre-washed, pre-cut vegetables in your fridge—whatever you have to do to make the healthiest choice the easiest choice, do it! You won't feel deprived or hungry as the pounds are dropping away.



Skinny Habit #15: Eat protein:

Eating protein increases lean muscle mass, which keeps your metabolism running on high—even when you're resting. Protein also keeps you full, making you less likely to overeat. For maximum health and weight-loss benefits, aim to include protein in all of your meals and snacks. The best options? Lean protein sources like fish, eggs, lean meats, low-fat dairy products, and legumes.