Additional Options for September Employee Wellness Challenge

* Drink water before meals – this can help boost your metabolism, burn more calories, and eat less during meals
* Eat eggs for breakfast - … instead of grain-based foods. Don’t eat eggs? Try eating Greek yogurt or another option high in protein for breakfast.
* Use smaller plates – studies have shown that eating from smaller plates can help you to eat less.
* Eat more slowly – put your fork down between bites. By eating slower, you are giving your stomach time to feel full, so you may not eat as much.
* Get 7-9 hours of sleep per night – sleep deprivation can lead to increased appetite, more food cravings, and higher calorie intake.
* Limit how much you eat out – the meals you make at home are typically healthier than eating out at a fast food joint or restaurant. Only eat out no more than three times per week.
* Don’t eat in front of a screen – watching TV or looking at a computer screen while you eat can cause you to be distracted from your meal, which may lead to eating more than you need to.
* Try new recipes – make it a point to cook one new healthy recipe per week.
* Plan your meals – each week, plan out all of your meals for the week. This can help you make healthier choices and avoid impulse eating.
* Cut calories – by cutting just 100 calories a day from your diet, you could lose up to 2 pounds per year.
* Reduce stress – studies have shown that high levels of stress can cause you to gain weight. Try reducing your stress level by using relaxation techniques that work for you. Yoga, meditation, aromatherapy, art/music, and breathing techniques are just a few examples of relaxing activities.
* Work out with a friend – exercising with someone else creates a sense of accountability and can help to motivate you.