



HOW TO STOP WEIGHT GAIN

perfect during lockdown

REASONS FOR WEIGHT GAIN



stress
inactivity
abnormal hormone levels

homeschooling
emotional overeating
fluid retention

click through to get more detail on these and other reasons for weight gain

THE 80/20 RULE



successful weight loss = 80% healthy eating + 20% physical activity

especially as we get older

HOW TO BEAT WEIGHT GAIN



be more active
stock healthy food options
spend time outdoors
sleep enough

handle and limit stress
plan meals
go for a check up

click through to discover the best power steps to beat weight gain

7-DAY DETOX CLEANSE

FREE CHALLENGE



[Join the free 7-day detox cleanse challenge to lose weight, boost your energy and feel amazing!](#)

LEARN MORE AT
HEALTHYFAMILYANDME.COM



EASY WEIGHT LOSS CHECKLIST

TAKE ACTION AND FEEL FABULOUS



BE ACTIVE

30 minutes per day



HYDRATE

8 glasses per day



STOCK HEALTHY FOOD

fruit, vegetables and low-carb snacks



SPEND TIME IN THE SUN

boost vit D levels and limit fat storage



LIMIT STRESS

use inspirational journal writing



SLEEP ENOUGH

six to eight hours per night



PLAN MEALS

prepare healthy meals and snacks



GO FOR A CHECK-UP

ensure normal hormone levels

JOIN THE FREE 7-DAY DETOX CHALLENGE

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EASY WEIGHT LOSS WEEKLY MEAL PLANNER

TAKE ACTION AND FEEL FABULOUS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHOPPING LIST

