

Sensible Weight Loss

By Dr. Mike Van Thielen

WEEK 3

BEHAVIOR MODIFICATION

Acquire the following HABITS:

1. Only eat when you are hungry! (every time you grab for food, ask yourself if you are hungry; if not don't eat and do something else).
2. Prolong your meals by: eating slowly – putting down your eating utensil between each bite do not pick up your eating utensil until you have swallowed the bite – hesitating between bites, even if you're eating finger foods.
3. Choose a specific place in your home or office to eat all of your meals. This will become your "designated eating place" and should not be changed. Try not to eat at your desk at work. This would make you prone to eat all day long and not just at meal time.
4. Do not do anything except eat when you sit down for a meal. Do not read, watch TV, talk on the phone, work, etc. Make yourself aware of the food you are eating. Focus on the conversation and enjoy your meal.
5. Do not keep food in any room in your house except the kitchen. Do not keep food such as cookies out on the counters. Do not store items in "see-through" containers.
6. Do not buy junk food. Neither your mate nor your children need it.
7. If possible, serve individual plates from the stove and do not serve family style on the table. If this is not possible, put the serving dishes on the opposite end of the table.
8. When preparing a meal, freeze in the excess immediately – so there's just enough food for today's meal.
9. Serve yourself on a smaller plate.
10. Develop a habit of leaving at least one bite of each item on your plate. If you can master this, it becomes easier to stop eating when you feel full. You will be used to leaving food on your plate.
11. Record habits that are successfully implemented on 'MY SWL Record'.

All of the above are eating techniques that aid in behavior modification.

For the REASONING behind the above instructions, visit your ULTRAGLOBAL back-office for a DOWNLOAD and watch the SWL youtube video – WEEK 3.