

S.M.A.R.T. TIPS – POWER POINTS OF THE S.M.A.R.T. WEIGH

“Tip for Living Well”

By Pamela M. Smith, R.D

S Strategic Eating and Drinking
M Movement
A Air
R Rest
T Take Care of You!

The incredible thing about these Smart Weigh (sm) principles is that they will not only unlock your fat cells and release your natural ability to lose weight, but they will also help you live longer and better. The studies of Dr. Lester Breslow, a California public health specialist, of nearly 7,000 adults over three decades, revealed Seven Health Habits that prevent early death, and prevent many chronic and costly disabilities for those who survived. The results of the studies show that how you live determines how long you live without your state of health interfering with the things you want to do or forcing you to make changes in your life to accommodate health problems brought on as a by-product of lifestyle choices.

The Seven Health Habits for Health and Longevity from which the Power Points of the Smart Weigh (sm) are derived:

- 1. Eat three meals a day plus healthy snacks - don't skip breakfast**
- 2. Eat moderately - don't overeat or under eat**
- 3. Exercise regularly**
- 4. Use little to no alcohol**
- 5. Get seven to eight hours of sleep each night**
- 6. Don't smoke**
- 7. Buckle up - every time**

Is this easy to do? Quite honestly, because this lifestyle and eating plan represents the ultimate in health and nutrition, you'll probably find the Smart Weigh (sm) plan a challenge at first, as you adopt some new, powerfully healthy habits. But the results will be worth it. Studies show that each improvement in lifestyle will not only release the process for leaning down, but it should lower your risk of heart attack, high blood pressure, stroke, cancer, depression and even PMS.

Service Mark - The Smart Weigh (sm)

For an in-depth explanation of the S.M.A.R.T. Weigh strategy and how to implement it, get a copy of Pam's book, *The Smart Weigh* at <http://www.pamsmith.com/catalog>