

THE S.M.A.R.T. WEIGH STRATEGY

“Tip for Living Well”

By Pamela M. Smith, R.D

The Smart Weigh is a non-dieting solution to energy and weight management that works to unleash your body's natural healing and metabolic mechanisms. It is based on timeless truths that show you how your body is designed to work and how to maximize its own operating system. If you establish these habits into your lifestyle, you will activate very rewarding results into your life. Don't diet, rather learn how to live and flourish.

- S:** Strategic Eating and Drinking using the Eat Right Prescription:
Eat Early and Eat Often
Eat Balanced and Eat Lean
Eat Bright and Eat Variety
Drink Water - and lots of it! Drink at least 8-10 eight ounce glasses of water a day.
- M:** Movement. Get moving. Learn basic exercise you can do.
- A:** Air and Light. Learn how to breathe to oxygenate your body.
Get outside in the light of day.
- R:** Rest. You need 7 to 8 hours a day to recycle your body.
- T:** Treat yourself well. Learn a lifestyle of giving yourself what you need physically, emotionally and spiritually.

For an in-depth explanation of this strategy and how to implement it, get a copy of Pam's book, *The Smart Weigh* at <http://www.pamsmith.com/catalog>

The SMART Weigh is a Registered Service Mark of Pamela Smith, R.D.