



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Integrity Consulting Group



## BUST THROUGH A WEIGHT-LOSS PLATEAU

When the calories you burn are equal to the calories you eat, you reach a plateau.

To lose more weight, you need to either increase your physical activity or decrease the calories you eat.

Using the same approach that initially worked may maintain your weight loss, but it won't lead to additional slimming.

Want to feel like you're winning the weight game again? Here's how:

- Instead of giving yourself a weight goal, strive to fit into a certain size.
- Opt for taking body measurements instead of weekly weigh-ins.
- Keep a food journal to track exactly what you are eating and drinking.
- Avoid little sweet “rewards” or treats.
- Add more daily physical activity.
- Substitute fruits and vegetables into your diet
- Add strength training to your workouts
- Be realistic and appreciate that you've already taken steps to improve your health!



**INTEGRITY CONSULTING GROUP**

*Employee Benefits Specialists*

Provided by:

**Integrity Consulting Group**

104 Interchange Plaza, Suite 202

Monroe Township, New Jersey 08831

Tel: (888) 737-4313