

Tri-Wellness



REALISTIC APPROACH, LIFELONG RESULTS

10 STEP WEIGHT LOSS CHEAT SHEET

Discover How To "Kill The Diet" & Eat Your Way To A Healthy Weight!

If you are committed to being healthy, fit and thin... and staying that way forever, I have good news and bad news for you. The bad news is that whatever unsuccessful weight loss scheme(s) you've tried in the past *will never work*. The good news is you can get the results you deserve... and I'm passionate about helping you get there!

Developed over 14 years as a certified health coach, personal trainer and culinary instructor, the proven Tri-Wellness weight loss philosophy for busy Moms is not a "diet," and therefore it actually *does* work.

As a busy Mom myself, I created the plan to be realistic (it will integrate into your busy lifestyle... guilt-free and without deprivation) and it delivers lifelong results (rather than quick, temporary fixes, i.e. "Diets" that backfire, creating disappointment and draining your wallet).

Now it's time for you to **"Kill The Diet" & Eat Your Way To A Healthy Weight!** with the 10 simple steps in this Cheat Sheet.

Questions? I'm here to guide you every step of the way with tons of resources, support and to fulfill my mission of helping you and 1,000,000 individuals "Kill The Diet!" Connect with me to learn how...



*"I'm here to guide
you every step of the
way!"*

~ Lisa Shanken

Certified Health Coach
Certified Personal Trainer
Corporate Wellness Specialist
Trained Culinary Instructor

Let's Get Social! Click To Connect With Me:



www.LisaShanken.com

1

Let Go Of The Quick Fix

Learn to celebrate the small victories, because over time they create lifelong results. Whether you go on a 10 minute walk today, eat fruit the next time you crave a candy bar, or begin doing 5 pushups every morning... the key is to start small, and congratulate yourself when you do!



Plan Ahead

Planning healthy (and delicious!) meals in advance will help you avoid last minute restaurant meals and grabbing whatever junk you have in your kitchen (and you'll save time and money as a bonus). [Check out the Tri-Wellness meal planning software](#) to choose "quick-prep" (<30 minutes) and healthy recipes that will have your family begging for more, as well as generating your shopping list (based on your family size). A few more clicks saves you even more time by instantly placing an online order for home delivery of your shopping list! You'll also save money because you won't be tempted to buy impulse items. The best part about meal planning is you don't have to think! Meal planning for the week is "done." One more thing off your plate!



2

Educate Yourself

We live in a world reliant on supplements, unnecessary surgery, diet pills, laxatives, and fad diets. Take responsibility for your health by learning the natural way to live a healthy life. What are your bad eating habits? **Write them down** and make a pledge to yourself to eliminate them! What steps can you take to turn these bad habits into good ones starting now? [Visit the Tri-Wellness blog](#) for tons of nutrition and health resources to help you!



3

Write Down Your Goals!

Imagine where you want to be one year from now. **Then write down a goal** you can measure. How many minutes of exercise will you complete each week? How often will you choose a salad over a burger? Where do you want to be in 30/60/90 days? By implementing gradual changes (and writing them down!), you'll create new habits that will far outlast a "fad diet" failure.



4

Drink More Water

Aim for at least half your body weight in ounces per day. **Here's how:** a) Leave a full glass of water on your night table before bed every night. Drink the water immediately when you wake up (even before you get out of bed). b) Drink water at room temperature rather than cold, which makes it easier to consume in large quantities. c) Buy (and keep near you) a very large (32 oz.) glass filled with fresh water so it doesn't run out quickly. d) Start slowly and plan by actually writing down how and when you plan to drink more water in your daily routine.



5

Improve Your Eating Habits By "Crowding Out"

Don't attempt to replace all of the unhealthy foods in your diet with healthy alternatives in one shot as it will backfire! Instead, **slowly add one new, healthy food to your diet at a time**, maybe 2-3 new foods per week. You'll eventually be eating so many new foods that the old, unhealthy foods will get "crowded out."



6

7

Power Up On Mini-Meals!

Aim for a small meal or snack every two to three hours, but the word “small” is crucial. **Here are some tips on how to successfully make this work:** a) If you're having a sandwich for lunch, eat half at lunchtime and the second half two hours later. b) Control portion sizes when eating out. Cut the meal in half when you are served and have the second portion wrapped before you begin eating. c) Larger plates usually means more food, so limit your portion sizes by using smaller, 8-inch dinner plates that won't allow as much food. d) Eat more slowly by putting down your utensil between bites. It's a simple practice, but the challenging part is merely remembering to do it.



Love Your Exercise



It's time to discover your “exercise of choice.” Think of it as “you” time, the closest thing you get to downtime in your hectic life, and the health benefit is just an added bonus. **Some examples are** walking, biking to work, yoga, Pilates, jumping rope, swimming, roller blading, tennis, pickup basketball/tennis/soccer games, nightly power walks with friends, running up and down the stairs of apartment buildings, dancing, or the [Tri-Wellness 7 Minute Daily Workout](#) (do it 4 times or combined with other exercise). Write down your exercise goals and then make them happen!

8

Reduce Your Sugar Cravings!

You don't need to eliminate sugar, but **here are some tips to help reduce your sugar intake:** a) Add raw, organic apple cider vinegar into your diet. It works wonders to reduce your cravings and also aids in smoother digestion. b) Reduce your caffeine intake. As a stimulant, caffeine can mess with your body's balance and actually make your sugar cravings worse. c) Eat more fruits and vegetables that are naturally sweet, e.g. sweet potatoes, berries, beets, and dark leafy greens are all good options.



9

Get Support!

It's absolutely critical that you **find a support system for you to lean on when your road to success becomes challenging** (which is normal!). Join a support group or buddy up with a friend who has similar goals and keep each other on track. Tri-Wellness can help! I will be **your support system on your journey to health...** the entire way! [Consider taking our 10 Day Weight Loss Challenge](#) to help you lose weight, receive unlimited support, and learn lots of new healthy habits to make your own!



10

>>> **You Can Do This!** <<<



*"I'm here to guide
you every step of the
way!"*

~ Lisa Shanken

Certified Health Coach
Certified Personal Trainer
Corporate Wellness Specialist
Trained Culinary Instructor