

Weight Loss & Wellness

STEP 10 PUTTING IT ALL TOGETHER



There is no finish line. After you reach one goal, find a new one.

-Dr. Matthew Kulka

Congratulations!!!

You've made it! You've followed each step and have noticed improvements in your health, wellness, and weight. Now you have the knowledge to put each of these steps together and begin making healthier choices in your daily life.

After completing these steps, you will notice yourself:

- Making healthier choices when it comes to food.
- Consuming most of your calories during the day and fasting at night.
- Reading nutritional labels to make smarter choices, such as avoiding added sugar, saturated fats, and high-calorie foods for more nutritional options.
- Prioritizing exercise and mindfulness to promote better health and wellness.

Keep following these steps, as they will only become easier to incorporate over time. No one is perfect, but making better decisions will help you lose weight and become healthier.

The more we follow the steps, the more they will become “sticky” and easier to return to. If we fall from the steps for a meal, day, week, or month, it's always easy to return to step 1 and get back to it.

Use reminders and cues like the green bracelet to help you make better choices, such as reaching for a healthy snack if you ever feel tempted by an unhealthy snack. Over time, you will begin to love what you put in your body and feel the benefits of everything you eat and do.

Next: No More Calorie Counting ►



It's what you do after you cross the line that really counts.

-Dr. Matthew Kulka

No More Calorie Counting

If you've been keeping up with this program since step 3, you should have a good handle on your daily caloric intake. Plus, if you eat plant-based foods rich in vitamins, you'll feel satisfied while meeting your daily caloric goals and losing weight.

Return to it for a few days or a week if you fall off, get stuck, or are having difficulty making progress.

Program Your Body to Work for You

Each step of this program is designed to reprogram your body to work for you rather than against you. By exercising daily, opting for plant-based foods, and eliminating those nighttime snacks, we can improve the fat-burning mechanism inside our body and reprogram it to help us lose weight instead of putting more on.

Your Journey Has Just Begun

The Seriously Simple Steps Program doesn't just end here but is designed to accompany you on your lifelong health and wellness journey. Even if you backtrack or cheat on your diet from time to time, just know that by having the knowledge of the S3 program ahead of you, you've already taken the first step to better health and wellness.

Every healthy choice you make from here on out will always be a positive step toward your weight loss goals.

Next: Final Review ►



Reviewing Your Steps

Step 9

- Exercise every day!
- Drink an adequate amount of water before meals and throughout the day.
- Be mindful of your calories burned and eaten. Don't out eat your efforts.

Step 8

- Mindful eating.
- Where, What, How, and Why around eating.
- Avoid mindless eating.

Step 7

- Exercise every day!
- Drink an adequate amount of water before meals and throughout the day.
- Be mindful of your calories burned and eaten. Don't out eat your efforts.

Step 6

- Increase protein intake from natural foods.
- Vegetables, Whole grains, Nuts, Seeds, and Fish.

Step 5

- Choose healthy unsaturated fats - Polyunsaturated and Monounsaturated.
- Avoid unhealthy saturated and trans fats.
- Continue to read nutritional labels.

Step 4

- Eat more plant-based foods - Complex Carbs.
- Eat less processed carbs - Simple Carbs.
- Read all nutritional labels.
- Keep "added sugars" as close to zero as possible.

Step 3

- Calculate your personal Metabolic Rate.
- Consume 300 fewer calories to create a caloric deficit = Daily Caloric Goal.
- Strive to move your body for 30 minutes everyday.
- Adjust your daily caloric goal for physical activity.

Step 2

- Being prepared.
- Plan all meals and snacks at least one day ahead.
- Plan today what you will eat tomorrow.

Step 1

- Stay on track with Time-restricted eating.
- Leave at least 3-4 hours from dinner until lying down to sleep.
- No snacks after dinner. Not even fruit or veggies. Water is ok.
- Eat for 10-12 hours per day. Fast for 12-14 hours overnight.

Remember

- Keep wearing your green bracelet for motivation.
- This is a process. It takes time to adjust to new things. Be patient.
- Consistency is key. Do your best to stay on track each and every day.