

HEART SMART

Newsletter



4 Daily Habits...everything adds up in a BIG way, here are the top four bad habits people have that may contribute to weight problems!

DRINKING SODA (EVEN DIET)



Drinking just one soda per day increases your risk of being obese by nearly 33%. Diet soda is not any better. Artificial sweeteners stimulate the appetite cues which causes you to eat more, according to Obesity Journal. Stay away from sugary drinks, and instead satisfy your thirst with water and add lemon or cucumber for extra flavor.

SKIPPING MEALS



No matter how busy you are, or how much you don't like to eat breakfast, never skip a meal. Skipping meals, according to the Journal of Epidemiology, can make you up to 4.5 times more likely to be obese. The body goes into fat storage mode for survival, making long term weight loss impossible.

FAMILY STYLE EATING



As great as it may sound, eating with large serving plates on the table is horrible for portion control. People who eat "family" style consume 35% more calories during the meal--leave the serving plates in the kitchen!

EATING BEFORE BED



Your body wants to burn fat while you're sleeping, but if it's too busy digesting a meal you just ate, it can't do that. Those who eat past 8pm have the highest BMI's and are more likely to be obese, according to the Obesity Journal. The best rule of thumb is to eat a good, nutritious meal about 3 hours before bed. This way your body has time to digest before going into sleep mode.