

## **10 Strategies for Overcoming Weight Loss Barriers**

1. **Keep A Food Log (3-Day or On-going)**
2. **Don't Skip Meals (Eat 5 x Day)**
  - **Keep Fruit Handy**
3. **Drink Plenty of Water to Keep Hydrated**
  - **8-8oz Glasses of Water or Fluid per Day**
4. **Eat Enough Calories Each Day**
  - **Bare Minimum of 1,200 Calories per Day**
5. **Watch Your Refined Carbohydrate Intake**
  - **Complex is Generally Better Than Simple**
  - **The Closer to it's Natural State, the Better**
6. **Try Adding Resistance Training to Your Weekly Routine to Increase Your Metabolism**
  - **More Muscle Mass Helps Metabolism Stays Elevated All Day Long**
7. **Try Adding Cardiovascular Training to Your Weekly Routine to Help You Burn More Calories**
  - **This Will Help Accelerate Weight Loss Results**
8. **Don't Eat Late At Night (Need I Say More)**
  - **Calories Eaten Later In the Evening Are More Easily Stored as Fat**
9. **Don't Deprive Yourself!**
  - **Keep Your Favorite Foods In Your Weekly Menu Plan**
10. **Consider Arbonne Nutritional Supplementation**
  - **Detoxification**
  - **Multi-Vitamin/Mineral**
  - **Antioxidants**
  - **Digestive Enzymes**

