

# How to Manage Your Weight



By Dolly Richards

inDolgence Wellbeing  
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### How to Manage Your Weight

#### 1. **Balanced Diet:**

Eat a variety of nutrient-dense foods: Incorporate fruits, vegetables, whole grains, lean proteins, and healthy fats into your diet.

**Portion control:** Be mindful of portion sizes to avoid overeating.

**Hydration:** Drink plenty of water to stay hydrated and support your metabolism.

**Limit sugar and processed foods:** Reduce consumption of sugary beverages, snacks, and highly processed foods.



## 2. Regular Exercise:

**Cardio activities:** Engage in activities like walking, running, cycling, or swimming for at least 150 minutes per week.

**Stretching & Breathing:** Keeping supple and increasing mobility through stretches and deep breathing exercises for core strength along with related physical exercises.

**Strength training:** Include weight lifting or resistance exercises at least twice a week to build muscle and boost metabolism.

**Flexibility and balance:** Incorporate activities like yoga or stretching to improve flexibility and balance.



### 3. Healthy Habits:

**Stress management:** Practice stress-reducing techniques like meditation, deep breathing, or mindfulness. Meditation has been shown to activate the parasympathetic nervous system, which promotes relaxation and reduces the production of cortisol, the stress hormone. By practising meditation regularly, you can lower cortisol levels, improve sleep quality, reduce inflammation which is usually related to weight gain, and enhance overall well-being

**Get enough sleep:** Getting 7 to 9 hours of restorative sleep is crucial for overall health and well-being. It allows the body to repair and rejuvenate, supporting immune function, muscle recovery, and cognitive processes. Adequate sleep enhances memory, learning, and emotional regulation, leading to improved focus and productivity. Additionally, sufficient sleep helps maintain a healthy weight by regulating hunger hormones and reducing the risk of obesity and related diseases.



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### 4. Set realistic goals:

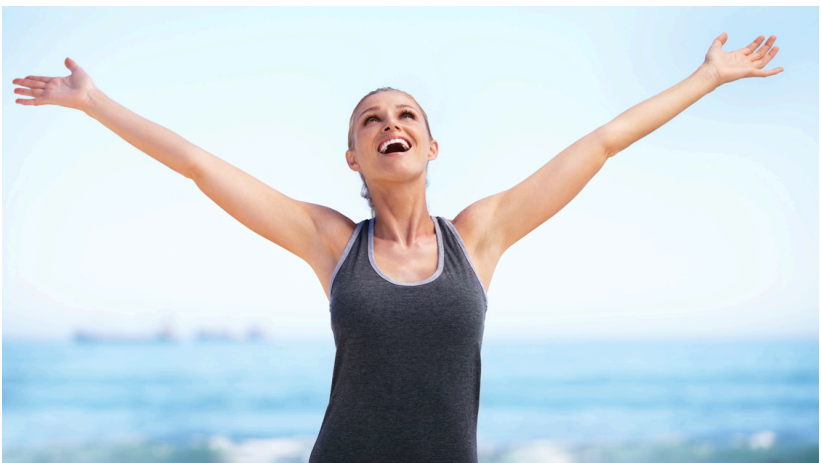
**1. Aim** to set achievable and sustainable weight management goals that prioritise your overall well-being.

**2. Focus** on making gradual, mindful changes to your lifestyle, such as incorporating more nutritious foods, engaging in regular physical activity, and managing stress effectively.

**3. Remember**, the primary objective is to improve your health and well-being, not just to reach a specific number on the scale.

**4. Adopting** a holistic approach and embracing the journey, you can avoid the pressure of achieving a desired weight and instead celebrate every small victory along the way.

This mindset will help you stay motivated and maintain healthy habits in the long run.



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### Gut Health & Weight Loss

Here are five benefits of maintaining good gut health and its positive impact on weight loss:

**1. Improved Digestion:** A healthy gut microbiome supports efficient digestion and nutrient absorption, helping your body process food more effectively and preventing issues like bloating and constipation.

**2. Enhanced Metabolism:** A balanced gut flora can boost your metabolism, aiding in more efficient calorie burning and helping you maintain a healthy weight.

**3. Reduced Inflammation:** A healthy gut can lower systemic inflammation, which is often linked to weight gain and obesity. Reducing inflammation can support weight loss and overall health.



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**4. Better Appetite Control:** A well-functioning gut can regulate hormones that control hunger and satiety, such as ghrelin and leptin. This can help you manage your appetite and reduce overeating.

**5. Improved Mood and Energy Levels:** A healthy gut-brain axis can positively influence your mood and energy levels, making it easier to stay motivated and stick to your weight loss goals.





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Thank you for downloading this short guide highlighting the main points to support you in your self-care journey.

If you need any further support or have any questions, feel free to reach out to me:

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