

12 WAYS TO BOOST *Weight Loss*

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Hi Friend!

As we get older, losing weight can prove to be harder than it used to be.

The same tactics we used when we were younger don't always provide the same results, and this can be very discouraging.

However, there are many strategies you can implement to help you begin to see and feel the results you are looking for.

By adopting a few of my favorite small habits, your weight loss journey can be accelerated! Keep reading to earn more...

Jaime Heer

Functional Nutritionist

12 Ways To Improve Weight Loss

TRY THESE STRATEGIES...

01 **Stay hydrated with water & ditch the sweetened drinks.** Flavored and sweetened beverages are loaded with empty calories and refined ingredients that spike blood sugar levels and increase inflammation, leading to weight gain. Instead, opt for filtered water, herbal tea, or sparkling water with a squeeze of fresh lemon or lime for a refreshing, health-supportive choice. Aim for 1/2 your body weight in ounces per day.

02 **Focus on eating whole foods.** Processed foods like pasta, bread, crackers, cookies and ice cream are often high in calories but low in nutrients while also being chemically engineered to make you want to eat more. They also spike your blood sugar & insulin levels leading to weight gain. Instead focus on whole food meals that have a balance of quality fats, protein & vegetables to help you feel full and satisfied!

03 **Focus on a high fat & protein breakfast.** Kickstart your day with a meal that keeps you full and focused —think 2-3 eggs, 1/2 an avocado, a handful of arugula, and a drizzle of olive oil with salt and pepper. High-quality fats and proteins provide sustained energy, setting the stage for an energized, productive day

04 **Eat more whole food fiber.** Whole food fiber—from veggies, fruits, nuts, seeds, and gluten-free whole grains—keeps you feeling full, supports stable blood sugar levels, and is essential for good gut health and regular bowel movements. Aim for at least 30 grams per day. ***Pro Tip** - if eating more fiber makes you feel bloated and gassy, you likely need to improve your digestion & rebalance your gut microbiome.*

05 **Eat slowly & chew well.** Mindful eating helps trigger your body's natural fullness cues, preventing overeating. Plus, thorough chewing ensures you absorb the nutrients needed to stay energized, healthy, and happy!

06 **Build muscle.** Building muscle boosts metabolic health and burns calories even at rest, making strength training a ***more efficient*** strategy for weight loss than high-intensity cardio.

12 Ways To Boost Weight Loss

TRY THESE STRATEGIES...

07 **Go for a 20 minute walk after lunch.**
A post-meal walk helps your body absorb glucose more efficiently, boosting insulin sensitivity and metabolism so you burn stored fat instead of gaining it.

08 **Enjoy more home cooked meals.**
Restaurant foods often contain inflammatory ingredients like vegetable oils and chemical additives that may promote weight gain. By choosing home-cooked meals, you control what goes into your body and support your overall health.

09 **Meditate 15 minutes, 3x week.**
Prioritizing stress management helps relax your nervous system and reduce cortisol levels—key for preventing excess fat storage and supporting effective weight loss. Cortisol tells your body you are stressed and when you are stressed your body can't prioritize fat loss.

10 **Practice Intermittent fasting.**
Allow yourself a 12-16 hour break from eating overnight to let your body finish digesting and activate autophagy—the cellular regeneration process that's key to improving metabolic health.

***Pro-tip:** *Check out my Eating & Fasting for Your Hormones Guide!*

11 **Get enough sleep.**
Sleeping less than 6 hours is linked to higher body fat levels! Adequate sleep ***enhances insulin sensitivity,*** supports detoxification, and keeps your body systems running smoothly—make sleep a priority for overall health.

12 **Recruit a partner.**
Team up with a friend for a 30-day clean eating challenge to keep each other accountable, share recipes, and celebrate victories together.

**Check out my Rebalancing Diet Guidebook w/ 2 Week Meal Plan to get your started!*

READY FOR

Even More?

JOIN MY ULTIMATE GUT RESET PROGRAM!

This self-pace online program teaches you exactly how to address the root causes to your health concerns by:

- Optimizing your digestive function & nutrient absorption. *“Bye bye” bloating!*
- Enjoying a whole foods diet that’s bursting with flavor and nutrients.
- Rebalancing your gut microbiome.
- Incorporating daily strategies & habits that support long-term ***health & vitality from the inside out.***

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