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**How To Get Slim With Healthy Eating Habits**

**By Ruth Hinson**

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Many women want to be slim. Maybe youre one of them. Perhaps youre getting married soon and you want to fit into your wedding gown comfortably. Or perhaps you simply want to look (and feel) great in a swimsuit or bikini.

Whatever your reason for wanting to be slim, there are some things you can do to become slim while staying healthy. If you are reading this article, chances are you want to know what those things are. Read on then, to find out.

First thing is to assess your current eating habits. This is important because you need to know whats not working. If your current eating habits are keeping you overweight, and you want to be slim, it figures that you need to change those eating habits. If something is not working, change it.

**Assessing your current eating habits.**

Keep a record of your eating habits for a week. The record should contain the following information: What you are eating How much youre eating When you eat (note the times) you want to know how far apart your meals and snacks are. Why youre eating at those times is it because youre hungry, or are you comfort eating? How you feel after eating pleasantly satisfied or bloated and stuffed. How many glasses of water you drink each day

When you find out your current eating habits, youll need to determine which habits are sabotaging your efforts to lose weight. Those are the ones you want to change. More on that later.

**Goal Setting**

Determine what your weight goal is. Or you may prefer to monitor your progress in terms of your waistline or hip measurements. Whichever one suits you is best.

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Form a mental picture of yourself looking the way you want to look. Goals are more powerful and empowering when we visualize them. Hold that mental picture in your mind at all times.

NOTE: Eating healthily is not all there is to getting slim. You must become more physically active (read exercise) in addition to eating properly if you're to lose weight permanently. This article deals with the healthy eating part of that equation.

### **Action Plan**

Now that you know what your ideal size is, you have a goal that you're working towards. You need to then determine a plan of action to help you achieve that goal.

To help you decide on the right plan, bear in mind that eating should be a pleasure. Ask yourself the

following questions: Which nutritious foods do I enjoy eating? How soon after eating do I get hungry again? Most adults get hungry about 3 to 4 hours after eating a meal. Do I eat only when I'm hungry? Hint: You should. How can I stay full? Drink lots of water. Scientists recommend between 6 and 8 glasses of water daily. Your body needs it, and it helps you stay full.

With the answers to those questions in mind, form an action plan, and start a new daily record to help you keep track of your progress. This new record should contain the same columns as your initial current habits record. This way you can monitor each improvement and celebrate accordingly.

When deciding on which actions to take, you need to refer back to your initial assessment of your current eating habits. Decide which habits are preventing you from losing weight. Write down alternative habits that you want to cultivate, which will help you get slim.

These new habits you want to form are now your targets milestones on your way to your ideal body shape and size.

### **Taking Action**

To form healthy eating habits, start with small changes.

Don't make too many changes at once. Set yourself main targets, such as I will drink 8 glasses of water each day, then set smaller targets to help you reach each main target.

Using the example above, a small target could be I will drink an extra glass of water after each meal. When you break down your targets, they don't seem so daunting. They seem easily achievable, so you feel encouraged to stick to them.

Decide on the foods you will be eating regularly. Make sure they're foods you enjoy.

Eat small portions, about 5 or 6 times each day, instead of three large meals. This helps keep your metabolic rate high, and helps you lose weight naturally.

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**How to stay motivated to continue eating healthily** Believe that you can do it, and accept responsibility for your health and for the way your body looks. Reward yourself each time you successfully complete a small target. Celebrate each small success don't wait until you've lost tons of weight before you reward yourself. Make the journey enjoyable by treating yourself each time you make progress. Keep in mind what you hope to achieve remind yourself of how lovely and healthy your body is becoming each day as a result of your new eating habits. Remember, each small step in the right direction is bringing you closer to your main target.

With a clear goal in mind, a feasible action plan and tips to help you stay motivated, you should find it easy to form habits that keep you slim and healthy at the same time.

Here's to your new healthy eating habits!

Ruth Hinson is a successful slimming consultant. She helps women lose weight safely and healthily using the SlymRyte Healthy Eating Plan ". Visit [www.slymryte.co.uk](http://www.slymryte.co.uk) for more information.

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### **Child Nutrition: Help Your Child Be Healthy**

**By Carrie Myers**

The food your child eats is important not only now but also for the rest of his or her life. A small child is going to need various types of foods for energy to play, grow, and to build a healthy body. Muscles and bones are forming over the first fifteen years of life, and when eating the right types of foods and including smart nutrition your child is more likely to avoid sickness and to ward off some types of disease. Your child's nutrition Your child's nutrition is going to start with you. Your child is going to see what foods you eat, and when you are more likely to eat them, and your child is going to build their own habits from those habits he or she sees you following. If you eat breakfast on the go, all the time, your child will feel this is normal and ok, but you should be sitting down to a breakfast every morning for good nutrition basics. Even if you are eating a bowl of cereal or you are enjoying a glass of juice, taking five minutes will encourage better eating habits. Nutrition for your child's health Healthy beginnings start with fruits, vegetables and good portions of meats. The food pyramid is going to be important in the early stages of life so that your child will learn to eat many types of foods, and not only the foods they like the taste and looks of. Giving your child many options in life will help them pick foods that are better for them in the long run. Healthy children are not going to eat burgers and fries for

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every meal, but they will have a well–rounded life with nutrition builders such as fruits, vegetables, meat, and variations of these builders. Teaching good habits for your child's nutrition awareness will start with reading labels. Learn about what preservatives and additives are in some of the foods you are eating, and then talk about these with your child as they grow. Include foods that are all natural, or that contain very little preservatives for a solid start in their understanding of nutrition.

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