

Lose Weight to Aid Your Recovery

FOR EVERY 1 POUND OF WEIGHT LOST, YOUR JOINTS ARE RELIEVED OF 4 POUNDS OF PRESSURE! LOSING WEIGHT CAN REDUCE INFLAMMATION, LEADING TO DECREASED JOINT PAIN!

TO START: Drastically reduce or remove sugar and alcohol from your diet. Added sugars in your diet are empty calories that have no nutritional value. The same goes for alcohol, it adds calories but has no nutritional advantages.

***Portion Control:** household items can help you measure serving portions!*
Tennis ball = 1 serving of fruit
Baseball = 1 serving of vegetables
Hockey puck = 1 serving of carbohydrates
Deck of Cards = 1 serving of protein
Pair of dice = 1 serving of fat

Plan and Prepare Ahead

Plan your meals so you have the ingredients on hand, this prevents you from grabbing last minute unhealthy alternatives. Healthy snacks can be prepared and ready for when you need a little energy. Substituting healthy alternatives to unhealthy choices can help reduce caloric intake and increase your energy!

EVERYTHING YOU PUT INTO YOUR BODY SHOULD HAVE NUTRITIONAL VALUE, YOU ARE WORTH IT!

Don't go shopping when you are hungry.

Take the time to read nutrition labels:

Packages that advertise as "healthy" are not always the best choices. Remember that often times less sugar means additional fat has been added and vice versa. When comparing choices; look for equal serving sizes and review the sugar and fat content in addition to nutritional values.

Food logs help avoid mindless eating.

Keep a food log to help you cut out unnecessary and excessive intake. Don't forget to list your fluid intake, as that can add more calories and sugar than you realize. A log that lists when and why you eat can help pinpoint triggers such as stress eating or mindless eating. Avoid eating while watching TV reduces mindless eating. When triggered by stress or other emotions, substitute eating with activities like walking or meditating.

Sleep is Important!

Getting the proper amount of sleep—about 8 hours. Sleep helps your body maintain proper function, a good energy level and metabolism rate.