

A Journey that Never Ends



Guest Presenters

Jerry and Billye



Then



Now

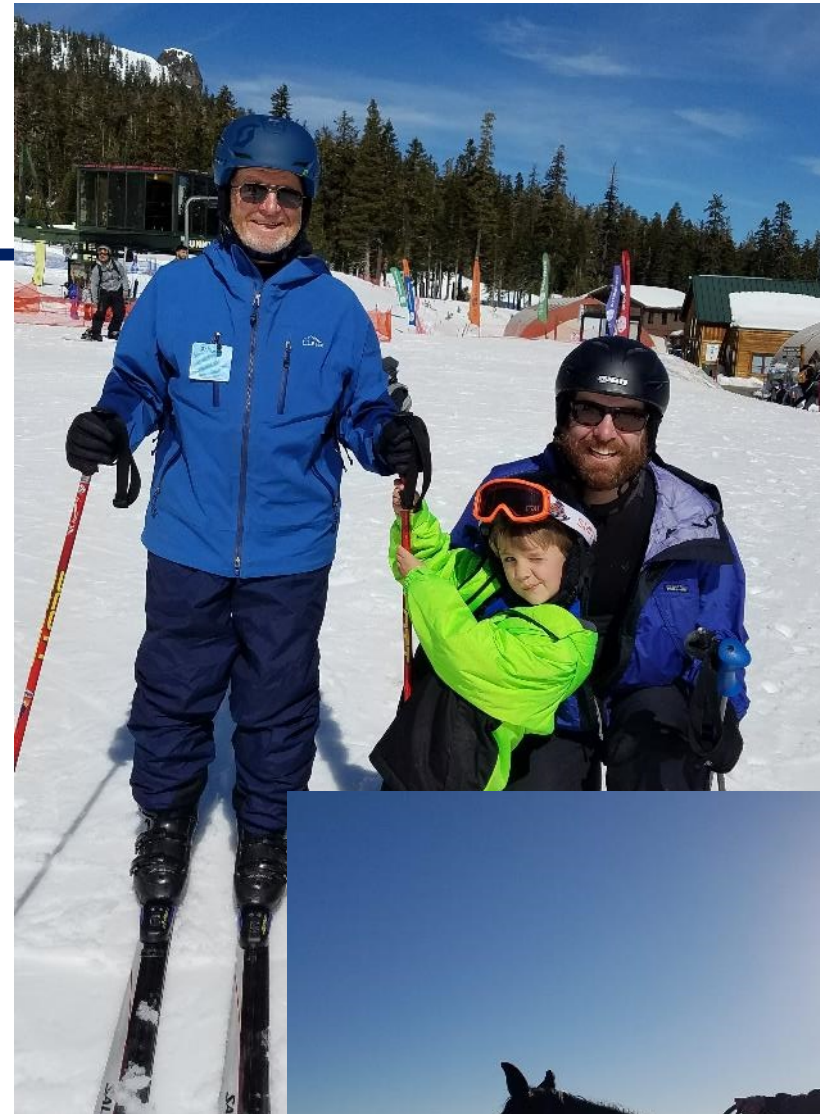


Jerry



Jerry's Tips

- Be honest with consumption.
- Be attentive to activity.
- Smaller servings and eating slower are just as enjoyable.
- I try to set my spoon or fork down between each bite.
- Parties and holidays are a challenge. I find that I can readjust by eating less and more healthy food for a few days.
- Fresh fruit and raw veggies are great snacks and are very satisfying. We always have these available.
- It is good not to have sweets as available.



Billye



Billye's Tips

- When I decided I needed to do something about my weight was when I was successful.
- Make sure to drink enough water!
- Planning is essential.
- Track all the food you eat even when you are maintaining your weight.
- Activity helps build both strength and endurance.
- You do not have to give up what you enjoy.
- Skinny Taste is a great website to find delicious recipes: <https://www.skinnytaste.com/>
- You can enjoy dessert occasionally.
- It is important to learn to make good choices, not have choices premade for you.
- Being mindful of what and when you eat is helpful in keeping on track.



