

# 61 Day

## SUMMER SLIM DOWN

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### Guidelines

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#### Eat Totally ON Plan

Give this your all!!! Crossover are ok, but keep them to a real minimum if trying to lose weight unless your pregnant or nursing.

#### Drink Your Water & Sippers Everyday

Try to cut back on having too much coffee, exchange that for a sipper. Hydration is paramount for weight loss. A dehydrated body doesn't function at full capacity....so hydrate!!!

#### Stand Up & Move

Sitting down all day leaves muscles and cardio health weak! Raise your heart rate and move for a minimum of 15-30 mins every single day. Either by a walk, a swim, taking the stairs, parking further away from the store entrance, making multiple trips unloading groceries, walking around your local mall, going to the park, it's your choice....JUST MOVE!!!!

#### Donate Your Oversized Clothes

Do you ever plan to fit into them again???? Nope! Me either!! Time to make that official. Commit to your journey and lose the safety net!!!

We could even do a clothes exchange here!!!

