



## Get Fit. **Life Tip.** Portion Control

When it comes to eating it is easy to over indulge and like everything else, too much of something is not good for you. Simple changes in your eating habits may improve your health, increase weight loss, increase energy and make you feel better overall.

### Try these quick fixes

- Eat on a smaller plate, your eyes are bigger than your stomach.
- Drink plenty of water during your meals and through out the day; aids in digestion and fills you up.
- Slow down! Eating slowly allows your body to digest food and have a better idea of when you are full.
- Make veggies and whole grains the main stars! Veggies and whole grains are loaded with fiber to keep you full; make meat the side dish for a change.
- Portion out your healthy snacks when buying in bulk; easy to take on the go and you know how much you are eating.
- Five to six healthy small meals through out the day can increase your metabolism and help regulate blood sugar
- Engage your brain! Having a conversation with friends or doing a crossword puzzle is a good way to slowdown your eating pace and eat less.

Overeating is not only bad for your waistline but also for your mental and physical well being. Overeating may lead to obesity, increased chance of coronary artery disease and heart attack, loss of energy, mood swings and even depression.

At the end of the day, eating healthy and the right portion of food will allow you to live a better tomorrow.

Check out the Get Fit with Bill Witte fanpage on Facebook for more information on portion control.

**Don't forget to sign up for the June and July Get Fit Ass Whipped classes at [www.bwittegetfit.com](http://www.bwittegetfit.com)**

**Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.**

*If, at any time, you decide that you no longer wish to receive Get Fit. Life Tip., please respond to this e-mail with "Unsubscribe" in the subject line.*