

8

**PROVEN
STRATEGIES FOR
SUSTAINABLE
WEIGHT LOSS**

**Establish
Realistic
Goals**

**Adopt a
Balanced
Diet**

**Practice
Mindful
Eating**

**Regular
Physical
Activity**

**Prioritize
Sleep and
Stress
Management**

**Stay
Hydrated**

**Monitor
Progress
and Adapt**

**Cultivate
Patience and
Persistence**

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H Kauffman



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