



Tri4Fitness.net

What are you trying to do for fitness?

Simple Suggestions for hunger control

- When you get a hunger craving – try a piece of gum or a menthol drop.
- Green tea – the real stuff, without the sugar and additives – try a cup – the caffeine helps to free fatty acids to burn fat more easily.
- Use oils instead of butter – maybe on your sandwich, etc
- Stay hydrated – when you are dehydrated, you can slow your metabolism by up to 3%
- When going for that salad, try to eat the veggie sticks with it, like carrot sticks, chunks of cucumber, etc – even the act of eating these takes more effort and with the extra chewing, you might eat less
- Of course – go for a jog – exercise – become active
- Finally, ask yourself before eating – “Does this _____ align with my goals?”

