



Bonnie Gortler

the option girl

10 Simply Easy Healthy Weight Loss Tips



Bonnie Gortler's
Weight Loss Guide
*created to help you get
your desired weight.*



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Hi, I'm Bonnie Gortler and within this report, you will find some sensible easy tips that I have used and have allowed me to lose over 60 lbs.! These insights are practical, easy to implement and effective in allowing you to lose weight in a healthy way. If you are open to change and ready to do some work, you can easily make your health and wellbeing a priority. The results will be amazing and you will your fulfilled and more gratifying.

Getting healthy is a choice that you can make if you incorporate good habits, realistic goals and routines that are comfortable for you. Be accountable to yourself and take those smalls steps one bite at a time as you continue to place your mind and body in alignment. Remember to also be patient and kind with yourself while venturing on the path toward successful weight loss. No one said it would be easy but understand it will be well worth all of your efforts!

Start!

You have the power, to do anything you put your mind to.

1 Think of one food that you eat regularly that you know is not healthy for you and stop eating it. Mine was French Fries. I love them but they love my thighs a bit too much. When you know which food to cut out then cutting out the next one becomes easier. Remove those bad foods one by one at regular intervals. By making a small change in your eating habits, you are creating change and moving even closer to your desired weight loss goal.

2 Begin your day by eating a healthy breakfast. Avoid foods that are high in sugar in order to avoid feeling tired and having mood swings.

3 Eat high fiber foods that will give you less cravings for food throughout the day and keep you full longer.

4 Cut down on processed foods. Make this change by eating wheat based instead of white foods. (As long as you are not allergic)

5 Drink plenty of water. A quick rule of thumb is to drink 1/2 of your body weight in ounces. The benefits are cumulative since water helps detoxify the body, increase your metabolism and improve your digestive function. Create a habit of starting your day by drinking 8 oz the moment you wake up.

6 Cut down or avoid soft drinks as much as you can. Regular soda (1 can of coke) has a ton of sugar. On average about 16 teaspoons. Diets soda has 0 calories but has artificial ingredients that are not healthy for you. So remove them from your diet a.s.a.p.

7 Eat smaller meals during the day. If you add healthy snacks, you will not be as hungry and thereby making your habit of eating smaller meals easier over time. A great rule of thumb is to eat 5 to 6 small meals a day and is far healthier for you than 1 or 2 larger ones. You will be amazed at how much more energize you will feel. Create a plan that will work for you and your lifestyle. Enjoy breakfast, a snack, lunch, a snack and dinner and then another snack if you are hungry later in the evening. Again, these should be small and healthy.

8 Carry emergency food with you in case you get hungry. It's a good idea to have a cooler bag readily available for your car. Balance Bars are a great snack to keep close by.

9 Choose a time that works for you that you will not eat after, of course the earlier the better.

10 Start a simple exercise plan that gets your body moving. You will be pleasantly surprised when you find exercises that inspire and empower you. My favorite is doing pushups and working with a medicine ball. Be sure to connect with me and share your favorite, I'd love to hear more ;-)

Let's talk.

You are invited to set up your Free 30 minute Wealth and Well-Being Discovery session with me by clicking BonnieGortler.com/contact/. Or send me an email at Bonnie@BonnieGortler.com.



Bonnie Gortler, the Inspired Wealth & Well-Being Coach, is a successful stock market expert who has been instrumental in managing multi-million dollar client portfolios within a top rated investment firm during her over 30 year corporate career. As the author of "[Journey to Wealth](#)", Bonnie has made it her mission to share the importance of risk management and how to enjoy true financial well-being by applying the technical and mental sides of investing. Bonnie has a M.B.A. in Business Administration and is a certified life coach. She is a huge sports fan who believes in healthy eating and has an unyielding passion for fitness. It is through her love of social media, blogging, coaching that she is able to create change in the lives of many and inspire people from around the world. Bonnie is fully committed to your personal growth and development as she shares her winning spirit and powerful techniques with you. Visit [BonnieGortler.com](#) to gain tips and insights surrounding investing, healthy eating, personal development and inspiration through her writings on [Wealth](#) and [Well-Being](#). Live the healthy, wealthy lifestyle you desire.

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