

The background is a collage of various items related to health and fitness. It includes a clear plastic water bottle, a blue measuring tape, a wooden surface, a blue towel, a white scale, a green apple, a kiwi, a banana, and several oranges. The text is overlaid on semi-transparent teal boxes.

Weight loss tips

Eat more fibre, vegetables, protein
and healthy fats

Drink more water, kombucha, kefir and
miso soup

Eat less sugar, grains, refined,
processed and deep fried foods

Drink less alcohol, coffee, tea, sodas
and fruit juice

Do at least 30 minutes of cardio and 15
minutes of strength training daily

Lower stress and enhance sleep with
meditation and yoga

Lower portion sizes so you're 80% full

Try intermittent fasting