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Getting A Trainer East Bay Is The Best Thing You Can Do

Most diets start off with a lot of restrictions. When a person starts the diet, they are already thinking of the reasons why it will be difficult to stay on and maintain even if they lose weight. One way to avoid diet failure is to take a few easy weight loss tips from a personal trainer East Bay.

Many individuals are obese because they eat three meals a day between their snacks. Even when a person has eaten a full meal, they will snack a few hours after eating. This, coupled with the fact that most people don't exercise, creates a cycle for gaining calories and weight.

A quick tip for changing eating habits is to start eating five small meals per day. Since you are adding two meals to your regular day, making the two new meals healthy foods will not be difficult. You aren't changing your regular meal plans, just adding healthy foods to your other two meals.

Most people have a set of dishes that include dinner plates, salad plates, dessert plates, and saucers. If you are currently eating your main meals off of dinner plates, switch to a salad plate. When a diet guru tells a person to reduce the amount of food they eat, it can be hard to do so. This is because when the food is reduced, there is a whole lot of space on the dinner plate that has always had food in it.

If you eat off a dinner plate, switch to a salad plate for meals. Your brain is in the habit of thinking that eating a full plate of food equals being satisfied. The brain does not distinguish the size of the plate that the food is on, just that the plate is full. If you switch to a salad plate and eat a full plate, you will feel the same fullness as if you had eaten more food off of a dinner plate. It's very easy and it works, you will be reducing the amount of food you are eating, but your brain won't know it.

Eat healthy foods that appeal to you. Some people think that dieting means eating a lot of foods they don't like. Think of your new change as an adventure. Finding the healthy food alternatives you like will make eating healthy much more enjoyable. By building your diet around healthy foods you like, you will be able to create a sustainable diet plan and lose weight more easily.

A person who is eating five small meals a day doesn't have much room for snacks. By eating a piece of fruit or vegetable snack between the small meals, you will be able to satisfy any need for eating without disrupting your healthy eating habits.

Setting an alarm for the times of day you need to eat a mini-meal will be very helpful until you develop the habit. There will be times when you are not hungry when it is time for a mini-meal, but you do need to eat. Skipping snacks is going to be easier and easier, but it will take about thirty days to develop the mini-meal habit. Once you have developed the habit for making healthy choices the last tip from a [personal fitness trainer East Bay](#) is to be aware of what you eat. By being consciously aware of the foods you are eating, you will be able to adjust your eating much more easily. A [exercise trainer](#) will help you through all of this.

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