

Health, Fitness & Beauty Guide

Three tips for winning at weight loss

(NewsUSA) - In January 2020, Illinois nurse and cancer survivor Chrissie Lapke set a goal that would change everything – to become the healthiest version of herself.

A seven-year cancer survivor, Chrissie knew she had the drive to succeed. “Life was almost taken away from me so I decided to start my Nutrisystem journey so that I could begin to love myself again.”

Now, nearly a year later and 34 pounds lighter, Chrissie offers these important tips for anyone striving to lose weight and get healthier in 2021.

1. Say your goal out loud and write it down

Externalizing your hopes and plans is a big step toward achieving them. When you hear your goals in your own voice or see them written in your own handwriting, they feel more real and more attainable.

2. Make a plan that you can realistically follow

Setting realistic goals begins with a plan that you feel confident you can follow. A weight loss plan that involves cooking every meal, 7 days a week, is probably unrealistic. Also, it’s important to look for a plan with a more personalized approach to fit your needs.

Courtney McCormick, MPH, RDN, LDN, manager, clinical research and nutrition, Nutri-

system says, “In a recent clinical study testing the personalized Nutrisystem program, users sustained steady weight loss results while enjoying the foods they love. Unlike other diets that require fasting, with the All-New Nutrisystem, you’ll eat more food than on our prior programs and still lose weight.”

3. Update your goals and expectations based on your unique circumstances

In any weight loss journey, there will be milestones, plateaus and setbacks.

It’s important to check in on your progress and make adjustments to fit your body and lifestyle.

Don’t be afraid to challenge yourself.

Chrissie has learned through trial and error that she is her best self when she is healthy, both mentally and physically. “I love myself again and I have confidence and self-esteem!” she says. “It is so nice to hear the compliments from others, but it means so much more to look in the mirror and be happy with my body image and to just love myself again.”

For more great tips and to read other inspiring stories, visit leaf.nutrisystem.com.

Tips

Dry Cracked Skin?

Soak feet/fingers daily in apple cider vinegar or apply apple cider vinegar to the dry skin. Organic apple cider vinegar is more effective than the regular apple cider vinegar. Skin feels smooth after a few treatments. Apple cider vinegar can also treat toenail and fingernail fungus infections if applied regularly.

Tip by Qin T.

Oatmeal Facial Scrub

I have been using oatmeal as a facial cleanser for several years now, but I first put it in my blender (about a cup or so) and grind it up until it is like cornmeal or a little finer. I then take about one tablespoon in my hand, add water until it is a little thinner than a paste, and wash my face with it. It makes my face feel wonderful and soft!

Tip by Catherine H.

Health, Fitness & Beauty Guide

Staying healthy in stressful times



(NAPSI)—Everyone experiences stress from time to time, but your response to stress may be different. Some people may experience headaches or an upset stomach. Others may get muscle aches or chest pain. Stress can also disturb your sleep, reducing your energy and making it tough to keep active when

to time, but your response to stress may be different. Some people may experience headaches or an upset stomach. Others may get muscle aches or chest pain. Stress can also disturb your sleep, reducing your energy and making it tough to keep active when

gain. Over time, stress can contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety. Regular physical activity, healthy food and beverages, and other positive activities may help you relieve stress and stay on track with improving your health.

Physical activity may help you start feeling better right away. It can help boost your

mood and improve your sleep. In addition, physical activity adds to strength and stamina, which can help you manage stressful situations.

Physical activity doesn't have to mean long workouts. Short workouts, such as a set of sit-ups or stretches, can help relieve stress. Try adding a new activity to your daily routine, such as walking around the block or up and down stairs a few times. Partner with a friend or neighbor to help you stay on track.

Consuming healthy meals, beverages, and snacks in moderation can be another way to protect yourself against stress. Preparing or purchasing foods such as whole grains, fruits and vegetables, low-fat proteins, and foods without added sugars or fats can give you energy and keep you feeling good.

Learn to recognize what triggers your stress response

and identify ways to help you manage it. Other ways to help you manage stress may be to meditate, engage in your favorite hobby, limit your time on social media, volunteer, or connect with people who can provide emotional support.

Visit www.nimh.nih.gov/health/publications/stress/index.shtml to help you manage your stress.