

KACHMANN MIND BODY INSTITUTE
10 PRINCIPLES TO WEIGHT LOSS & HEALTHY LIVING©

ONE

Live with awareness - plan your snacks and meals.

TWO

Eat low-fat, high fiber, high protein whole foods each day.

THREE

Eat fruits and vegetables each day.

FOUR

Eat smaller amounts 100-300 calories every two-three hours. Never go more than 4 hours with out eating.

FIVE

Stop eating two-three hours before bedtime.

SIX

Drink six to eight glasses of water each day.

SEVEN

Limit or eliminate Alcohol.

EIGHT

Exercise aerobically, five to seven days each week. 20-60 minutes each session in your target heart rates.

NINE

Do resistance exercises three to four times each week.

TEN

Practice mind body techniques - Yoga, Meditation, Tai Chi, to stay connected, aware and focused on self and the renewed commitment to live healthy each day.

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mind **BODY**
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