

Stage your home to reflect the new you!



Stock and organise your home so it reflects your new routine. Being present around positive triggers only encourages you to maintain your weight loss programme.

- Stock the fridge with healthy, prepped foods in clear containers
- Present fruit in beautiful bowls on countertops
- Get a shoe rack to display your sneakers right by the front door
- If you plan on getting up early to exercise, prepare your kit by the door ready for you to get up and go!
- Keep the dirty laundry off exercise equipment, etc.

Adjusting your environment to reflect your weight loss and healthy lifestyle intentions can make it that much easier to stay on track!