



## Skinny's 10 Tips for Staying Moo-tivated

**1 Small Wins.** I say, “No use setting goals if you can’t reach ‘em, honey.” That’s why I prefer to set smaller attainable goals. However little, the wins will mount and results will follow. ‘Nuff said!

**2 Keep A Journal.** In addition to moo-ing over all the gooey details about your recent date with “Mr. Right,” it’s also important to keep track of your workouts, meals, moods, highs and lows in a journal (may I suggest something in a cow spot design?). Refer to your progress for motivational fodder – incentive to hit the gym or strength to bypass those fries.

**3 Say CHEESE!** (ahem...) Take a photo every four weeks to help you track your progress and see the positive changes you are making. Snap away and experience the exhilarating feeling of watching your “slimmer you” appear. “Ham” it up for the camera! Moo-la-la!

**4 Pals Day Out.** Kick your hooves up with friends on some non-food dates. Corral your pals and take a walk in your favorite pasture, go shopping, join a book club or knitting group, or volunteer together.

**5 Portion Control.** If there’s one thing this cow knows, it’s that eating in moderation is essential to maintaining a healthy weight and svelte figure. However, toting a scale to a restaurant won’t win you any points with your pals...or the maitre d’. Minding portions is simple with a few tips:

- 3 ounces of meat = a deck of playing cards or the palm of your hand
- 1 ounce of cheese = a pair of dice or the size of your thumb
- 12-ounce potato = a baseball
- 1 cup of rice or pasta = a tennis ball or the size of your fist
- 1 THE SKINNY COW® ice cream sandwich, cone or bar = pure portion-controlled bliss!

**6 Join the club!** Gyms are working as hard as we are these days to develop programs to keep us dieting divas motivated. From 30-minute total body workouts for the time-crunched to group exercise classes of every “flavor” (cycling, yoga, water aerobics – and my favorite – hip-hop dance), there are many programs to suit any fitness palate so you can get out there and shake it!

**7 Knowledge is Power.** Learn how to read food labels. The information can be very helpful to you, but only if you understand the language! And, in any language THE SKINNY COW means low-fat, low-calorie and mmhh-mmhh good!

**8 Burn, Baby, Burn.** All movement burns calories. Break habits and try a few of these tips to get your body moo-ving!

- Wash your car.
- Cancel the cleaning lady, and turn on your favorite tunes while cleaning the house for extra pep while you sweep those floors!
- Take the stairs instead of the elevator.
- Throw on your tennis shoes and hit the mall for some serious Speed Shopping.
- Sit on a fitness ball instead of a chair to burn more calories.
- Park at the far end of the parking lot (...and race your friends to the door!)

**9 Think Ahead.** Sometimes mornings can be a stampede. Take it from a multi-tasking pro—pack your gym bag and lunch the night before so a missed alarm won’t snag your plans to hit the gym or eat healthy.

**10 Moo-tivating Melodies.** It’s amazing how your favorite energizing tunes can help push you through your workout or even just make you break out in a spontaneous dance. Think “Eye of the Tiger.” Before you know it, you won’t want to stop!