



# 12 Tips to reach *Your Perfect Weight*



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# TABLE OF CONTENTS

Tip 1 : Listen to your hunger and satiety

Tip 2 : Eat slowly

Tip 3 : Favor natural foods

Tip 4 : Increase fiber

Tip 5 : Avoid hidden sugars

Tip 6 : Avoid ultra-processed food

Tip 7 : Hydrate yourself enough

Tip 8 : Take care of your sleep

Tip 9 : Move your body with pleasure

Tip 10 : Manage your stress

Tip 11 : Don't feel guilty

Tip 12 : Set realistic goals

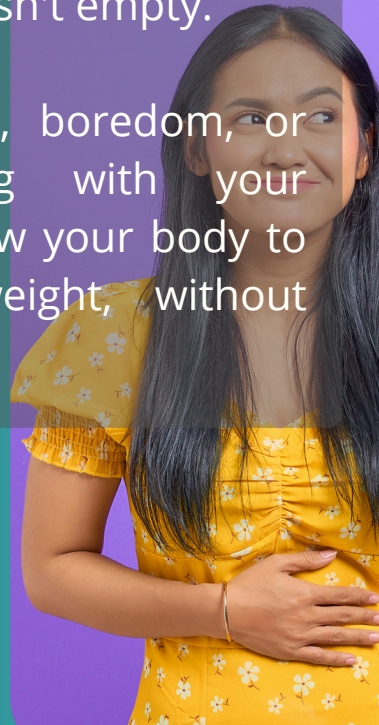
## TIP 1

# LISTEN TO YOUR HUNGER AND SATIETY

Finding your ideal weight requires listening carefully to your body. Eat only when you're truly hungry : a hollow feeling in your stomach, a slight drop in energy. Eat slowly, savoring each bite.

Satiety manifests itself discreetly : a feeling of comfort, no immediate desire to eat. Respect it, even if your plate isn't empty.

Avoid eating out of habit, boredom, or emotion. By reconnecting with your physiological needs, you allow your body to naturally regulate your weight, without frustration or excess.



## TIP 2

# EAT SLOWLY

Eating slowly gives your body time to recognize satiety. Take small bites, put down your cutlery between each bite, and chew thoroughly. Be present : observe the colors, smell the aromas, savor each texture.

Remove distractions like your phone or television. By eating mindfully, you strengthen your connection with your food sensations. This reduces overindulgence, improves digestion, and transforms mealtimes into a moment of deep pleasure, essential for lasting balance.



## TIP 3

# FOCUS ON NATURAL FOODS



Natural foods such as fruits, vegetables, whole grains, legumes, and seeds are rich in essential nutrients and low in empty calories. They provide better satisfaction, stabilize appetite, and prevent cravings.

By choosing raw, unprocessed products, you reduce your intake of added sugars, hidden fats, and additives. Your body receives what it needs to function efficiently, without unnecessary overload.

Choosing natural foods also means rediscovering the authentic taste of food and supporting gradual, healthy, and sustainable weight loss.



## TIP 5

# AVOID HIDDEN SUGARS

Hidden sugars, found in processed foods, sauces, drinks, and "light" products, promote cravings, fat storage, and weight fluctuations.

To avoid them, read labels and favor whole-grain, homemade foods. Reducing these sugars stabilizes blood sugar levels, limits uncontrollable cravings, and naturally facilitates weight loss. Your energy becomes more stable, and your meals more satisfying. By controlling your sugar intake, you regain control of your balance and move confidently toward your ideal weight.



## TIP 6

# AVOID ULTRA-PROCESSED FOODS



Ultra-processed foods are high in sugars, unhealthy fats, and additives, and low in essential nutrients. Their unbalanced composition disrupts hunger and satiety signals, promoting overconsumption and weight gain. By limiting them, you reduce inflammation, stabilize your energy, and give your body what it really needs.

Focus on simple, raw, and fresh foods to naturally support your balance and achieve your ideal weight, without frustration.

## TIP 7

# STAY HYDRATED

Water is essential for regulating appetite, aiding digestion, and eliminating toxins. Proper hydration helps distinguish true hunger from thirst, thus avoiding unnecessary snacking. To optimize your weight, drink regularly throughout the day, even when you're not thirsty.

Choose pure water, sugar-free herbal teas, or lemon water. Limit sodas, processed juices, and sugary drinks.

Starting each meal with a glass of water and keeping a water bottle handy are simple steps to naturally support your balance.



## TIP 8

# TAKE CARE OF YOUR SLEEP



Quality sleep is essential for regulating appetite and metabolism. Lack of sleep disrupts hunger hormones, increases sugar cravings, and slows weight loss.

To promote good sleep, adopt a calming routine : go to bed at a regular time, limit screen time before bed, and choose a quiet, dark environment.

Adequate rest helps your body better manage energy and emotions and more easily maintain your ideal weight.

## TIP 9

# MOVE YOUR BODY WITH PLEASURE



Physical activity is essential for burning calories, boosting metabolism, and maintaining muscle mass. It also helps regulate appetite and reduce stress, which is often responsible for cravings.

No need for intensive exercise : walk every day, dance, cycle, or practice yoga. The key is to move regularly and enjoy yourself. Choose an activity that motivates you, incorporate it into your daily routine, and watch your body naturally regain its balance and ideal weight.

## TIP 10

# MANAGE YOUR STRESS

Chronic stress stimulates the production of cortisol, a hormone that promotes fat storage, especially in the abdominal area. It also encourages emotional eating, without real hunger.

To maintain your balance, adopt anti-stress techniques : deep breathing, meditation, walking in nature, and creative hobbies. Take time for yourself every day. By learning to better manage your emotions, you reduce overeating and naturally help your body reach its ideal weight.



## TIP 11

# DON'T FEEL GUILTY



A dietary lapse doesn't define your path to a healthy weight. Feeling guilty generates stress and can lead to unhealthy eating habits.

Learn to view these moments as learning opportunities, without judgment. Accept them as natural and temporary. The important thing is to return to your healthy habits the next time you eat. Be kind to yourself, focus on your successes, and continue moving forward with confidence. Balance is built on consistency, not perfection.

## TIP 12

# SET REALISTIC GOALS

A SMART goal is Specific, Measurable, Achievable, Realistic, and Time-bound. To achieve your ideal weight, clearly define your goal, for example: "Lose 3 kg in 3 months by improving my diet and physical activity."



Make sure this goal is achievable, taking into account your lifestyle. Break it down into small measurable steps to track your progress, such as walking 30 minutes a day or adding a serving of vegetables to every meal. Set a reasonable deadline to stay motivated.

Goal Setting

- S specific
- M measurable
- A attainable
- R relevant
- T time - bound

A SMART goal allows you to stay focused and gradually reach your ideal weight in a healthy way.



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