

The 7 Slim Habits

Fast Daily Tweaks for Lasting Weight Loss

Welcome

These 7 habits are not a crash diet. They are small, sustainable daily shifts that work with your body's natural rhythms to help you lose weight and keep it off. Start with one habit and add another each week.

Habit 1: Eat Protein at Every Meal

Protein keeps you full longer, reduces cravings, and helps preserve muscle mass while you lose fat. Aim for at least 20-30g per meal.

Try: eggs at breakfast, Greek yogurt as a snack, chicken or legumes at lunch and dinner.

Habit 2: Drink Water Before Every Meal

Drinking 16oz of water 20-30 minutes before eating reduces hunger and calorie intake at that meal.

Tip: Keep a large water bottle visible as a reminder.

Habit 3: Walk 10 Minutes After Eating

A short walk after meals improves blood sugar control and boosts metabolism. It adds up to 30 or more minutes of movement daily.

Tip: Make it a non-negotiable family or phone-call habit.

Habit 4: Stop Eating 2-3 Hours Before Bed

Late-night eating disrupts your metabolism and sleep quality. Your body burns more fat when not digesting during sleep.

Tip: Set a kitchen closed alarm on your phone each evening.

Habit 5: Swap One Processed Food Per Day

Replace one packaged item per day with a whole food alternative. Small swaps compound into big results.

Try: apple instead of chips, water instead of soda, oatmeal instead of sugary cereal.

Habit 6: Sleep 7-9 Hours Every Night

Poor sleep increases hunger hormones and decreases fullness hormones, causing you to eat more the next day without realizing it.

Tip: Set a consistent bedtime even on weekends to regulate hunger cycles.

Habit 7: Track What You Eat for 7 Days

Just 7 days of food journaling creates powerful self-awareness about hidden calorie sources and eating patterns.

Tip: Use a free app like MyFitnessPal or simply write it down in a notebook.

Your Next Step

Get your free Longevity Starter Kit at www.health.xyz/longevity-starter-kit for a complete 7-day plan, habit tracker, and biomarker guide.