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# WEIGHT LOSS *for* FOOD-LOVERS

One-on-One Coaching  
Customized Plan with  
**MOLLY ZEMEK**

## FOR PEOPLE WHO WANT:

- ✓ The solution to overeating, not a quick fix
- ✓ To reach an ideal weight and sustain it
- ✓ To enjoy good food in moderation
- ✓ More energy without counting calories
- ✓ To finally feel better

**703-585-9801**  
**[mollyzemek.com](http://mollyzemek.com)**



## ADVICE ON MAINTAINING A HEALTHY DIET DURING & AFTER SWIMSUIT SEASON

It can be tough sticking to a healthy diet—especially when you want to enjoy all of summer's sweet treats, like icy daiquiris or cool ice cream. But, don't fret! For those who need guidance to help themselves eat right during (and after!) swimsuit season, Molly Zemek of **Weight Loss for Food-Lovers** can help. She says coaching is different from traditional diets in that "it's not a short term fix for weight loss, but rather a permanent solution to end overeating and permanently maintaining your ideal size." Here are her three golden rules of success when it comes to creating and maintaining a realistic food plan to look and feel confident at the beach.

### 1. EAT WHEN YOU'RE HUNGRY

"Eat only when you're hungry, and stop when you're satisfied," says Zemek. "Often we eat for entertainment, out of stress, or simply because food tastes good rather than paying attention to our physical cues for what the body actually needs."

### 2. STAY HYDRATED & WELL-RESTED

"Adequate water and sleep are two of the biggest factors in successful weight loss," explains Zemek. "If you're dehydrated your body will send false hunger signals to eat and will have a harder time flushing out fat." As for sleep, Zemek says "it's the magic window of time when our bodies not only heal, but also burn fat."

### 3. HELP YOUR BODY BECOME FAT ADAPTED

"When you minimize or eliminate sugar and flour from your diet, and eat primarily protein, vegetables, whole grains and healthy fats, you lower insulin levels and facilitate fat burning," explains Zemek. This means your hunger hormones will normalize, which makes your fat stores start to diminish.

Learn more about **Weight Loss for Food-Lovers** with **Molly Zemek** by checking out **[mollyzemek.com](http://mollyzemek.com)** or following **@mollyzemek** on Instagram