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10
SMART
Steps
TO
LASTING
WEIGHT LOSS

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— **SusanSmithJones.com** —

10 SMART *Steps* TO LASTING WEIGHT LOSS

Trim Down, Tone Up &
Create a Fit, Strong
Healthy Life



SUSAN SMITH JONES, PhD

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Choose one Smart Step you can start today, and let small improvements create a healthier you—TODAY!



Change Your Color Palette



WHY WHITE FOODS WORK AGAINST YOU

The typical Western diet is dominated by refined foods that are stripped of fiber, vitamins, and micronutrients—leaving your body hungry for more and your energy running empty.

NO

AVOID THE WHITE TRAP

White bread, pasta, rice, cereal, flour, sugar snack foods, and alcohol are stripped nutrients (calories) that blend into fat fast when you fueling hungry again soon. Not lasting.

YES

COLOR = NUTRITION

Colorful fruits and vegetables are rich in phytonutrients—powerful plant fuel that fight supports your immune system, gut health, and sustained energy levels.



STEADY ENERGY, LASTING SATISFACTION

High-fiber, nutrient-dense foods help stabilize blood sugar, support low inflammation, boost your fullness level and help balance your pH



EAT THE RAINBOW

Different colors provide different benefits to keep your body strong and vibrant. More variety = better balance in taste and nutrition together.



Start So Easy

Replace one white food with a colorful whole food. Small switches build momentum—and the more colors you eat, the better you'll feel in your body and mind!



COLOR POWER:

Aim to eat foods rich in color and goodness every day.



Smart Tip:

Start small. Add color at each meal and snack. Over time, you'll crave how more great taste, you'll thank you!

More Color. More Nutrients. More You.



→ SMART STEP 2 ←

Step #2: Drink Lots of Water



The human body is about **60% water**. That means we need to replenish the supply by drinking lots of water every day. Water keeps us hydrated, flushes out toxins and satisfies thirst (which we often mistake for hunger). Most importantly, drinking water, or even better, a double glass of water—ideally a slice of lemon or lime—leaves us feeling great all day long and without adding a single calorie.



Americans drink **80% of calories** each day in non-nutritive empty calories—beverages, especially soda and fruit juice. The problem—soda can spike your insulin and soda is one of the top culprits even linked with poor. Before you reach for soda or added drinks, choose to quench your thirst wisely and your body will thank you. If you must have a flavored water seltzer, go for water to which you make water your drink of choice!



We lose water every day through the breathing process, sweat, urine, and bowel function. To keep yourself operating well—manage person needs about **2 quarts or water a day** to stay hydrated. Though we all have individual necessities based on where we live climates, and those who are sick may need more.



Hydration Tip:

If you think you're hungry, drink a glass of water first.

Hydrate Your Body, Fuel Your Life

→ SMART STEP 3 ←

Lift Weights for Faster Metabolism



BUILD MUSCLE, BURN MORE

Muscle burns calories (including when you rest!). The more muscle you have, the more calories you burn—even while binge your metabolism running on you.



PRESERVE YOUR STRENGTH

Without resistance to muscle as you age, which can (re)metabolism, maintain—and after balance. Lifting weights keeps you functional, strong, independent and true.



MAKE IT A WEEKLY HABIT

Aim for just two 20-minute strength sessions per week. Consistency is more important than intensity. Small, steady efforts lead to big, lasting results.



MANY WAYS TO GET STRONG

You don't need a gym to build strength. Pilates, yoga, bodyweight moves, or resistance bands—all are excellent choices. Choose what you enjoy and mix it up to keep your workouts fun and effective.



STRENGTH FACT:

Weight helps you build muscle, which boosts your calories at rest—24/7!

Strength Tip:

Start where you are, use what you have, and celebrate every win along the way.

Stronger Today. **Stronger for Life.**

SMART STEP 4

Burn It Off with Cardio

MOVE MORE • IMAGINE ENERGY • FEEL ALIVE

**1. Strengthen Your Heart**

Cardiovascular exercise gets your heart pumping and improves circulation, helping your heart and lungs work efficiently. A strong heart supports better blood pressure, a healthy cholesterol, and a longer, more vibrant life.

**2. Build Stamina & Lift Your Mood**

Moving your body releases endorphins—your everyday stress reliever and joy booster. Cardio also improves sleep, reduces anxiety, sharpens mental focus, improves mental health—helping reduce stress, anxiety and symptoms of depression.

**3. Many Ways to Move**

Walk, hike, dance, swim, bike, or take a fitness class—try activities that get your heart rate up! Aim for 150 minutes of moderate-intensity cardio a week. Mix it up, make it fun, and find what keeps you motivated and joyful!

**4. Little Steps, Big Results**

You don't need to train like an athlete to see results. Even 10–15 minutes of cardio a day can make a difference. Small, consistent choices add up to big wins for your body, mind, and future.

*Motivation Tip:***MOVE ONE STEP HIGHER—**

Ask, "What can I do today that challenges me, supports my health, and lifts my spirit?"



Move with Joy. Live with Energy. You're Worth It.



SMART STEP 5

Eat at Home— Watch Your Portions



1. Home-Prepared Meals Are Often Healthier

Cooking at home gives you control over ingredients, flavors, and portion sizes. You choose the freshest whole foods, skip the hidden fats and added sugars, and eat meals while nourishing your body.



2. Portion Awareness Matters

Even healthy foods provide calories. Use smaller plates to limit over-serving, or serve and store extras—so it's easier with fewer bites to stick to targets. This simple habit keeps your energy steady and your portions in check.



3. Use Smarter Strategies—Stay on Track Longer

Pre-portion your leftovers, know your own body fuels. Stop when you're comfortably satisfied, not full. This helps support better balance, better health, a healthy relationship with food.



4. Colorful, Whole Foods Support Long-Term Health

Fill your meals with a rainbow of vegetables, fruits, whole grains, legumes, nuts, and seeds. These foods provide fiber, nutrients, and flavor to promote satiation and help shield you from cravings.



PORTION TIP:

Serve yourself the right size—eat slowly, and stop when your body is just satisfied.



Nourish at Home. Portion with Care. Live Your Best.



SMART STEP 9 ✨

Heal with Infrared Sauna Therapy

RESTORE • REHYDRATE • RELAX

**1. DEEP RELAXATION & RECOVERY**

Infrared sauna sessions may help support relaxation, improve circulation, soothe tired muscles, reduce post-exercise inflammation & boost restful sleep—helping your whole body to truly pay back, unwind, recharge, and get ready for your next adventure.

**2. HYDRATE BEFORE & AFTER**

Staying well-hydrated pre- and post-sauna is the key! Replenish electrolytes and water sustain everyone's detoxification, reduce headaches, boost energy levels, and leave you feeling energized and refreshed.

**3. ENHANCE YOUR EXPERIENCE**

Make your sauna time even more enjoyable & restorative. Consider adding a relaxing podcast or a meditation track to help you tune in, take your break, quiet your mind and refresh your soul.

**4. SUPPORT YOUR WELLNESS JOURNEY**

Infrared sauna sessions can boost wellness alongside healthy eating and regular exercise. Together, these habits support your body's natural detoxification, recovery and metabolism and fuel your fat loss.

**MY TRANSFORMATION HELPLINE**

My Transformation Helpline offers free education & a live support community to thrive, overcome & win at fat loss and optimize health, guided by the Truth of your DNA. Call 805-363-6532 or text **TRANSFORM** to (805) 414-5445 to connect get a **FREE** download of my **10 Smart Steps Transformation Guide**.

**SAUNA TIP:**

Rehydrate before, during and after every session.

Savor It Out. Rejuvenate. Live Well. ♥

SMART STEP 10 ✨

Sleep It Off!

REST EASY. GIVE YOUR BODY MAGIC. REST IS PART OF YOUR PLACEMENT.



A Good Night Supports a Healthy Body

Sleep plays an important role in glucose metabolism, appetite regulation, stress and detoxification—and it makes it so much easier of working to shift and/or regularly check about if/how much water you're likely to experience magic weight loss than those who slept seven or more hours.



Appetite Signals

Insufficient sleep may alter leptin and ghrelin hormones involved in fullness and hunger.



Cravings

A tired body often asks for quick energy, seeking sugar and refined foods more often to be rested.



Less Energy to Move

When you are exhausted, exercise and food preparation feel harder, even when you know they would help.



Cortisol and Stress

Sleep-deprivation can increase stress signals and make the body feel as though it must keep pushing.

Protect sleep as carefully as you protect your food and exercise plans.

STEP 9

Commitment Is a Daily Decision

HONOR EACH CHOICE THAT MOVES YOU FORWARD.

Commitment Is the Honoring of a Decision



Breakthroughs occur when people are willing to live from vision and commitment. When you are committed, you create the perfect motivation every day. You arrange your life so that food, movement and self-care reinforcement support what you said matters.



Make Your Word Count

Keep the promises you make to yourself. Each follow-through strengthens confidence and self-respect.



Organize for Success

Prepare food, schedule exercise, protect bedtime and reduce unnecessary obstacles before they become excuses.



Expect Inspired Days

A difficult mind can exhaust even the strongest body. Fill your days with the support of the best, most nourishing.



Discipline is remembering what you most want.

STEP 10

Choose the Life That Makes You Feel Alive

ONE HEALTHY CHOICE CAN CHANGE A MOMENT—
A DISCIPLINED LIVING CAN CHANGE YOUR LIFE.



Keep Going

You do not need to transform everything overnight. Drink the water. Prepare food earlier if you can. Take a walk. Let the weights do a little earlier. Breathe before you act. Repeat the choices that make you feel stronger, calmer and more fully alive.



Remember Why You Began

Your goal is larger than a number on a scale. It is energy for the people and places you love, freedom to be present in your body, a peaceful mind, and the freedom to participate fully in your own life.

A Final Thought from Susan

"You can become the answer of your life. No one is going to do it for you. Everything you need to begin is already within you."

SusanSmithJones.com



Small steps. Lasting change. A life that keeps getting better.