

## BINGE BLOCKERS

**R**ead the SIX WAYS TO BLOCK A BINGE below. And if that doesn't work... beat the crap out of it. First print these out and put them on the fridge door.

**Time.** Binges are not about food they are about a moment in time. You need to get through those ten minutes without making a bad choice. SO walk around the block, paint your nails, or fold a load of laundry

**Indulge.** Binges are about you feeling like you "deserve" a treat. Give yourself a different treat like a nap or read a romance novel. Both are a bit decadent.

**Mind.** Binges are not rational. You need to push your rational brain to the forefront. Remind yourself of your goals, how hard you've worked for the weight loss you've accomplished, AND how BAD you felt the last time sugar or chips seemed stronger than you.

**Fellowship.** Binges are about secrecy. They THRIVE in darkness. We've never eaten three peanut butter and jelly sandwiches in FRONT of another human. Find people even if it means heading over to the local library.

**HELP!** This is the time to reach out on Twitter, Facebook, on the phone, at a Weight Watchers meeting. Go now. Build a diet support safety net for this moment.

**Proximity.** Binges happen when food is accessible. Calories are cheap (in the words of Biggest Loser and Olympic Wrestler Rulan Gardner) and so you need to keep the worst items in Antarctica or Bora Bora. NOT in your pantry. I ate a healthy and sensible breakfast.

## **BINGE BEATER**

Now tape this bad boy to a punching bag, a pillow, or a soccer ball and go on and punch and kick the snot out of it. That's right beat the batter out of this monster for ten minutes.

**PREPARE THE OFFERING.**

**CHEETOS**

**WAFFLES**

**AND A**

**NATIONAL ENQUIRER.**

**YESTERDAY!**

TAKE THAT!

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