

Weight Loss: What WORKS

- **MUST be transparent, honest and willing to investigate what drives you to eat.**
WHAT, WHEN, HOW and WHY:
What is your Why for desired weight loss? What foods are you choosing?
Why are you eating?
How much are you eating?
How do you feel before, during and after eating?
When are you eating?
- **Must be in it for a lifetime.** This means going slow and steady. Making small, gradual habit changes over time leads to permanent changes in weight and lifestyle.
- **Keep a food record/diary.** Research has proven 2.5x greater weight loss for those who write down what they eat (also, why and when) vs. those who don't.
- **BALANCE and MODERATION.** 2 words to live by. Balance is about the quality of foods we are choosing. Moderation is about the quantity of foods we are consuming
- **Stay hydrated with water.** Dehydration can negatively affect the metabolic process and cause fatigue. Drink calorie free beverages - caffeine and alcohol in moderation.
- **Eat smaller meals more frequently.** 5-6 small meals/snacks rather than 2-3 large meals keeps the metabolic fire burning all day. Long durations between meals sets the stage to over-eat and choose quantity over quality.
- **Focus on fat.** 1 gram of fat has 9 calories..over double of that in 1 gram of CHO or Pro.. which means it takes longer to burn and is more easily stored.
- **Make a plan.** Have healthy, easy to prepare meals and snacks available at all times. Plan for the week to stay organized and smart with your choices; meal prep in bulk for convenience/efficiency.
- **Always include fiber and lean protein.** Both high fiber foods (fruits, veggies, beans, whole grains) and lean proteins (chicken, fish, turkey, lean beef, low fat dairy, eggs) help you stay fuller, longer.
- **Get good sleep and manage stress.** Lack of sleep and high stress can increase the appetite stimulating hormone Ghrelin
- **Move!** Aim for at least 30 min of purposeful exercise each day. Include BOTH resistance and aerobic type each week.

