



Strategies for Successful Weight Loss

Successful weight loss doesn't happen in a day, or even a week. It takes time and dedication, but with the right lifestyle changes — and the right mindset — you can lose weight and maintain healthy habits. Here are some helpful tips for incorporating weight loss strategies into your daily routine.

- **Keep a healthy mindset.** Strive to develop and make healthy habits to last a lifetime, one habit at a time.
- **Don't give up after a setback.** Simply start fresh the next meal. Remember, you're making lifestyle changes that take time — it won't happen all at once.
- **Be cautious of food portions** at home and when eating out. Take one serving of food and eat it from your plate. Ask for a take-home box and take half of your food home.
- **Emphasize variety** of fruits and vegetables loaded with varied vitamins, fiber and minerals.
- **Limit added sugars.** They do not trigger fullness signals in your brain and have no nutritional value.
- **Prioritize healthy proteins** at every meal from a variety of sources, including eggs, poultry, seafood, beans, peas, legumes, lentils, nuts and seeds.
- **Avoid processed foods.** Stick to the perimeter of the grocery store when shopping for food.
- **Eat slowly.** It can take up to 30 minutes after eating for your body's hormones (e.g., leptin and cholecystokinin) to let the brain know you're full. Be present and mindful while eating, savoring each bite.
- **Include balanced physical exercise** such as cardio and resistance training when possible.
- **Avoid eating 2-3 hours before bedtime.** It will aid in adjusting insulin sensitivity and stopping food from being stored as fat.

- **Avoid alcohol.** It provides no nutritional value and has been shown to suppress fat burning.
- **Track/journal everything you eat** to provide concrete information about how much you're taking in.
- **Manage stress.** Increased stress can hinder weight loss by triggering food cravings and increasing your body's production of cortisol.
- **Stay hydrated.** Water can boost metabolism and make you feel fuller. Drinks like green tea contain antioxidants known to promote weight loss. Thirst can mask itself as hunger, causing you to eat more.
- **Get plenty of sleep.** Not enough sleep can lead to weight gain by lowering metabolic rates and altering hormone levels to drive appetite and fat storage. Aim for 7-8 hours of sleep per night.
- **Don't only rely on the scale.** You may be building muscle, retaining water or experiencing hormone shifts. Consider how you feel in your clothing. Take body measurements.
- **Use smaller bowls, dishes and glasses** so that you consume less.
- **Eat meals at regular times.** Delaying meals or skipping meals altogether may cause you to overeat later in the day.
- **Buy snacks, such as fruit** or single-serve prepacked foods that are lower in calories.
- **Work with your provider to determine adequate nutritional intake.** Age, sex, height, current weight and level of physical activity can affect your nutritional needs.
- **Count every healthy choice as a victory.**

