

LIFESTYLE STRATEGIES FOR A HEALTHY BODY WEIGHT

To lose 1 pound of fat, you need to create a deficit of 3500 calories. (A deficit of 500 calories/ day to lose 1 pound/week).

Lifestyle Tips for Decreasing Calorie Intake:

- ◆ **Reduce fat.** Gram for gram, fat has more than twice the calories than either carbohydrate or protein! And, your body is more efficient in converting excess dietary fat to body fat. With this in mind, go easy on high fat foods like butter, margarine, oil, salad dressings, sour cream, mayonnaise, creamy sauces, whole fat milk/cheese/ice cream, red meat, chicken skin, many desserts, and fried foods. Enjoy tasty, low fat alternatives instead.
- ◆ **Enjoy heart healthy unsaturated fats.** While fat is high in calories, eliminating it completely is a bad idea. Fat helps trigger satiety, so you feel full longer and feel more satisfied. Small amounts of *unsaturated* fats, like a small handful of nuts, some avocado, a drizzle of olive or oil, or some peanut butter, are actually good for your heart and help you to absorb fat soluble vitamins.
- ◆ **Limit added sugar & alcohol.** Foods with a lot of *added* sugar (like soda, fruit punch, candy, and most desserts), as well as alcoholic beverages, are just “empty calories.” They provide little, if any; of the nutrients our bodies need for optimal health. Incidentally, alcohol slows down the body’s use of fat for fuel by as much as one third! That means fat is more likely to be stored in your body.
- ◆ **Watch portions of ALL foods.** Remember, “fat-free” does not mean “calorie-free.” Too many calories from any source will be stored as body fat.
- ◆ **Drink at least 8 cups of water every day.** Water is calorie-free and refreshing. Carry a water bottle with you.
- ◆ **Enjoy more vegetables, fruits, & whole grains.** These foods are loaded with fiber, which keeps you feeling full. They’re also packed with health-promoting vitamins, minerals, and phytonutrients.
- ◆ **Include a low fat, protein-rich food with every meal.** Protein-rich foods, like skinless chicken/turkey breast, fish, lean meat, tofu, beans, eggs, and low fat milk, yogurt, or cottage cheese give satiety to meals. You’ll feel full longer and be more satisfied.
- ◆ **Slow down when eating.** It takes 10-20 minutes for your brain to get the message from your stomach that you’ve had enough to eat. If you eat too fast, you may exceed your calorie needs before you even realize you’re full!



Lifestyle Tips for Increasing Calorie Output:

- ◆ **Make exercise a top priority.** You’ll feel better, have more energy, AND burn calories! Keep in mind that NO ONE has time to exercise. You have to **make** time! Look at your schedule and determine when and where is the best time to fit fitness in.
- ◆ **Find ways to MOVE more during the day.** Make it a habit to take the stairs instead of the elevator. Park your car at the far end of the parking lot. Walk or bike to school, work, a nearby grocery store, restaurant, movie theater, library, or video store. The calories burned will add up and you will feel more fit!

How to Rev Up Your Metabolism:

- ◆ **Do strength training exercises 2-3 times a week.** The more muscle you build, the faster your metabolism will be, and the more calories you'll burn while at rest. Consider this: One pound of muscle burns 50 calories a day; 1 pound of fat burns only 2!!!
- ◆ **Eat 5-6 small meals every day.** Your body will appreciate the continuous supply of energy throughout the day, and it will burn more calories than if you ate only 1 or 2 large meals per day.
- ◆ **Never, EVER starve yourself.** Not only will you feel terrible, but you will also slow down your metabolism. Your body will start conserving calories rather than burning them. In addition, when calories are too restricted, you're more likely to overeat later.
- ◆ **Aim for a weight loss of 1-2 pounds per week.** If you lose more than that, it is probably coming from muscle and water, not fat. Remember, when muscle mass decreases, your metabolic rate drops as well.

How to Develop a Positive Attitude:

- ◆ **Set SMART goals!** These are Specific, Measurable, Attainable, Realistic, and Timely. You'll have greater success if you set small goals that you CAN and WANT to achieve.
- ◆ **Focus on health and fitness, not weight!** The number on the scale cannot tell you your body composition or your health and fitness levels. Look for improvements in how your clothes fit, your energy, strength, endurance, blood pressure, and/or cholesterol levels as true measures of success.
- ◆ **Don't call it a "diet!"** Diets are temporary and unsatisfying. Think of it as your new "eating strategy" for a long-term healthy way of life.
- ◆ **There are NO forbidden foods!** All foods can fit into your meal plan as long as you balance your choices and use moderation. Besides, if you deprive yourself of your favorite foods, you're more likely to over-consume them later. Enjoy your favorite foods!
- ◆ **Get in touch with your body's true hunger!** Start paying attention to your body's cues for hunger and fullness. If you're tempted to eat for other reasons (i.e. stress, loneliness, boredom, procrastination), try other activities first: call or email a friend, take a walk...
- ◆ **Express and fulfill your emotional needs without food!** Talk through, rather than eat through negative feelings. Practice relaxation techniques daily, like meditation, yoga, massage, bubble baths, soft music, or breathing exercises. You DO deserve this time for yourself!
- ◆ **Plan ahead!** Go grocery shopping once a week to make sure your kitchen is stocked with healthy, tasty foods. Before parties, holiday meals, vacations, or social eating situations where it is easy to exceed your calories needs, have a plan in mind about how you can moderate your intake without feeling deprived.
- ◆ **Reward yourself for a job well done!** Rewards help motivate you for continued success.
- ◆ **Accept that you will have some set backs.** Keep in mind that deviating from your healthy lifestyle plan for ONE day is not going to sabotage your success. Every day is an opportunity for a fresh start!