

# Lose Weight in '08!



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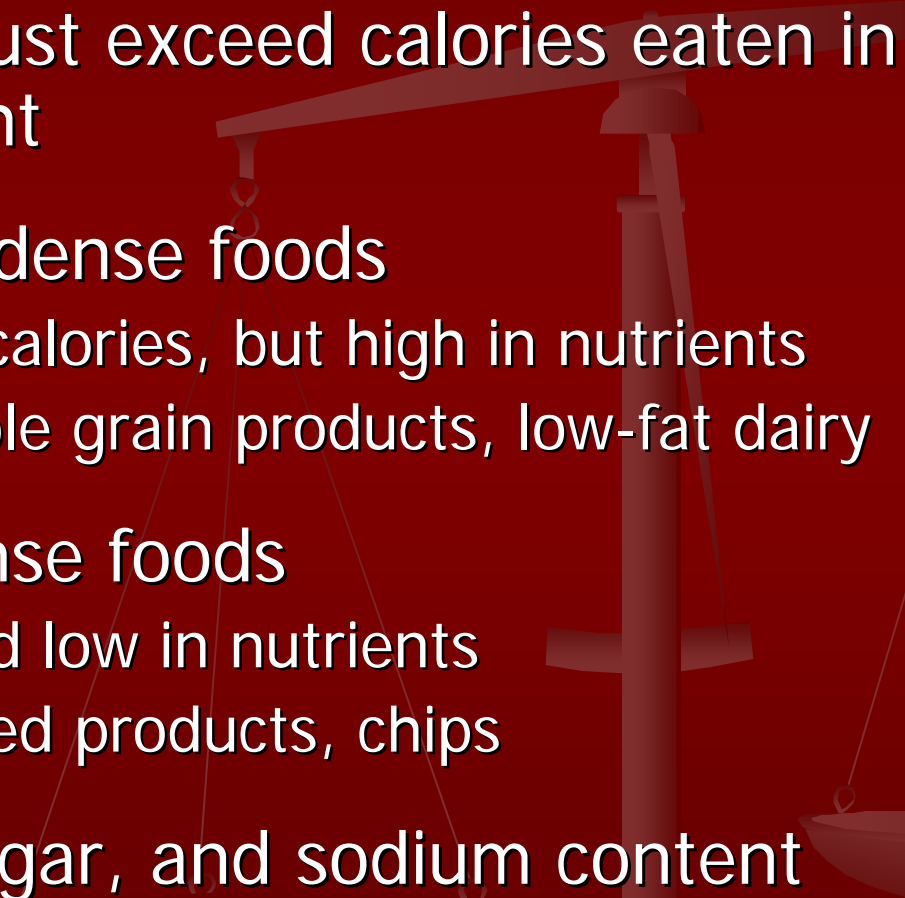
# Losing Weight Safely

## Learn to:

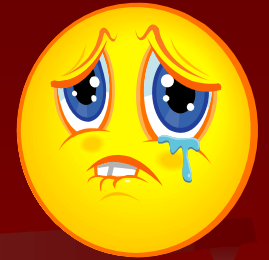
- Control calories
- Control hunger
- Exercise
- Make healthy lifestyle changes



# Calories

- Calories burned must exceed calories eaten in order to lose weight
  - Eat more nutrient-dense foods
    - Naturally lower in calories, but high in nutrients
    - Fruit, veggies, whole grain products, low-fat dairy
  - Reduce calorie-dense foods
    - High in calories and low in nutrients
    - Cookies, candy, fried products, chips
  - Also look at fat, sugar, and sodium content
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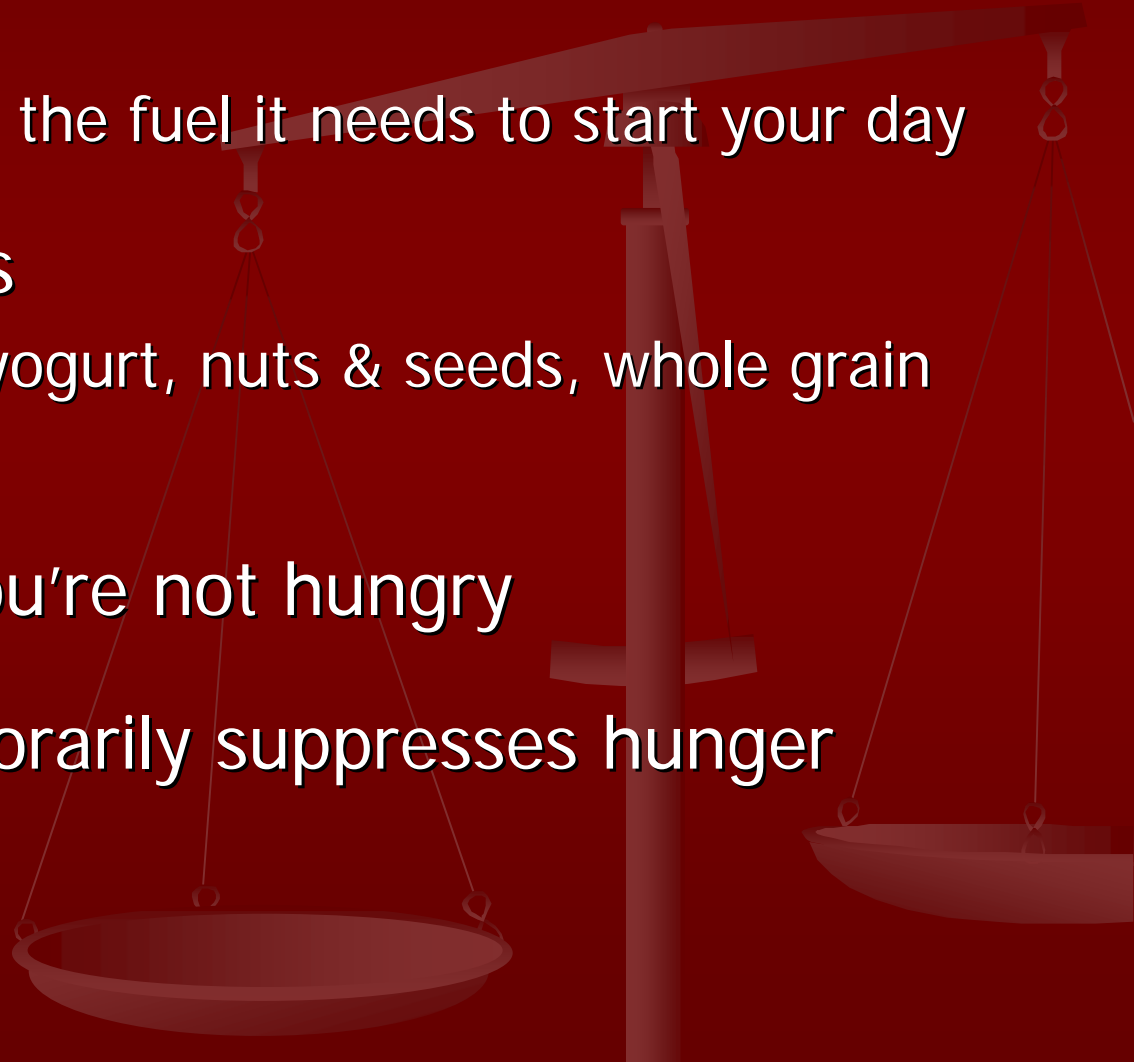
# Calories (cont.)

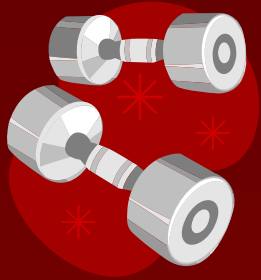


- Emotional Eating
  - Eating when we are: sad, angry, celebrating, stressed, bored, or as a reward
  - Become aware of why you are eating
    - Are you actually hungry or is it stress, boredom, etc.?
  - Find something else to do
    - Read, go for a walk, go to a movie, etc.
  - Exercise regularly
  - Get adequate rest

# Controlling Hunger

- Eat breakfast
  - It gives your body the fuel it needs to start your day
- Eat healthy snacks
  - Fruits & veggies, yogurt, nuts & seeds, whole grain foods
- Don't eat when you're not hungry
- Exercise! It temporarily suppresses hunger





# Exercise

- Cardiovascular
  - Walking, swimming, biking, jogging
- Strength training
  - Lifting weights, Pilates, yoga, resistance bands
- Stay hydrated by drinking plenty of water
- Don't over-do it!



# Lifestyle Changes

## DO

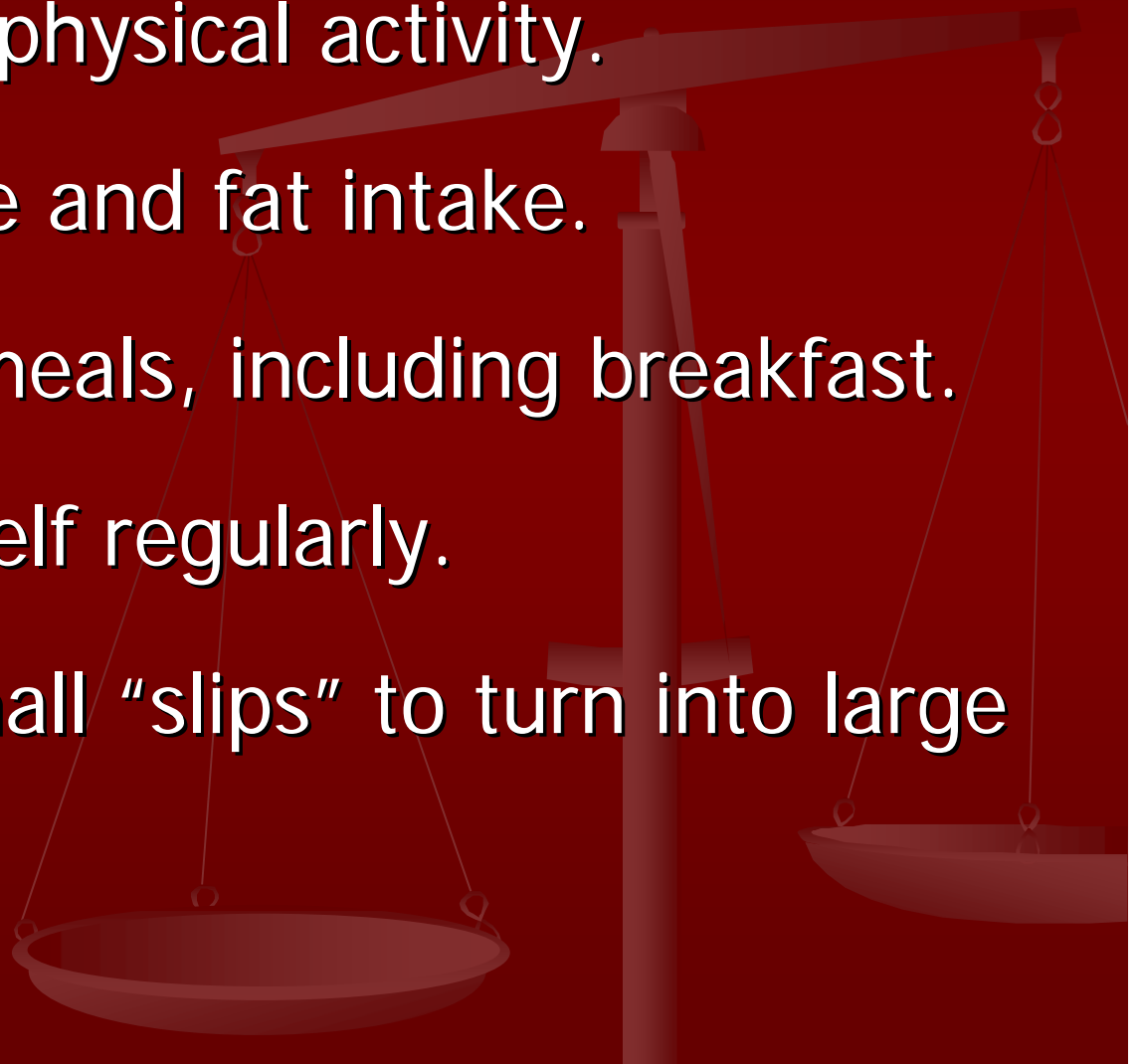
- Use healthy cooking methods
  - Steam, broil, grill, bake, use olive or canola oil instead of butter
- Eat breakfast everyday
- Exercise daily
- Control portion sizes
- Eat slowly

## DON'T

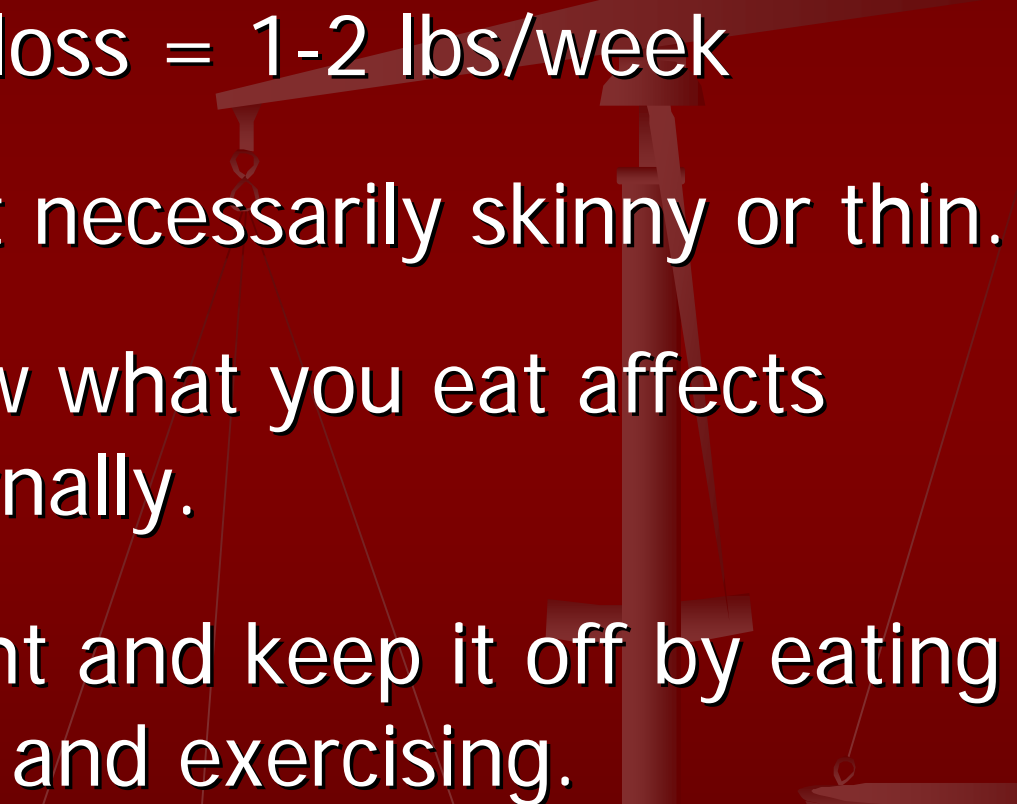
- Fad Diets
  - Hard to sustain for long periods
  - Weight loss is usually temporary and lost weight is typically re-gained
- Use the drive-thru
- Shop while hungry
  - You'll end up buying foods you don't want or need

# Tips for Successful Weight Loss

- Getting regular physical activity.
- Reducing calorie and fat intake.
- Eating regular meals, including breakfast.
- Weighing yourself regularly.
- Not allowing small “slips” to turn into large weight re-gain.



# Change your Thinking

- Healthy weight loss = 1-2 lbs/week
  - Get healthy, not necessarily skinny or thin.
  - Think about how what you eat affects your body, internally.
  - Goal: lose weight and keep it off by eating nutritious foods and exercising.
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# References

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- Mayo Clinic Staff. 1 Dec. 2007. "Weight Loss Help: How to Stop Emotional Eating". <<http://www.mayoclinic.com/health/weight-loss/MH00025>>.

