

## Weight Loss Tips

- \*Get a physical check-up to make sure there are no underlying health problems, and discuss with your doctor your plans to lose weight.
- \*Don't "go on a diet"; instead, make a lifestyle change.
- \*Set a realistic goal for yourself.
- \*Educate yourself about food.
- \*Avoid single food plans and plans that eliminate certain food groups.
- \*Read labels and become label savvy.
- \*Become aware of portions and serving sizes.
- \*Be wary of "low-fat" foods.
- \*Don't obsess about the number on the scale.
- \*Include fiber-rich foods in your diet.
- \*Drink water.
- \*Eat foods that you like, and try to change your thinking to like foods that are healthy for you.
- \*Get enough sleep.
- \*Be flexible within limits.
- \*If you goof, don't use it as an excuse to give up.

\*If you are an emotional eater, that is if you eat when you are sad, bored, happy, or in the throes of any strong emotion, try to come up with alternative pleasures that you can substitute for eating at those times.

\*Try some behavior modification techniques such as:

Eating slowly and deliberately, putting your fork down between bites,

Using a smaller plate,

Focusing on eating by not doing anything else at the same time,

Planning what and how much you will eat ahead of time,

Writing down what you eat in a food diary,

Changing habits and patterns that contribute to poor food choices--uch as taking the route that goes past the fast-food place or keeping a bag of candy in your car,

Rewarding yourself with other pleasures besides food,

Canceling your membership in the "Clean Plate Club", so you can quit eating when you are full.

\*Find ways to handle stress.

\*Smile, laugh and think positively.

\*Cultivate your spiritual health.

\*Spend time thinking about and helping others.