

HEALTHY WEIGHT-LOSS TIPS



FOR THE LONG TERM

BY Bethany Gettis, C.H.N



1 CONTROL PORTION SIZES

We have all been there, the clean plate club. We were told as children “that there’s starving children in the world” so we felt guilty and ate all our food even if we were uncomfortable. It doesn’t help others if we scoff our faces and become overweight. We can teach our children to eat until they are satisfied and listen to their natural hunger cues. I would definitely use smaller plates when portioning out your meals, start by filling up with veggies and salad first, eat your meat second and have the carb as the last piece of food on your plate. You can save many calories by ordering snack sizes, smaller beverages and only eating until you are satisfied and saving the rest for later.

2 MINDFUL EATING

Many people eat due to stress, boredom, frustration and even sadness. People who are slim tend to have one thing in common. They eat because they are actually hungry and stop when they are satisfied. They don’t let a distressing day at the office or home dictate which dessert or drink to drown themselves in. They are mindful and ask themselves these questions “am I hungry right now, or am I just craving something because my mood is low?” Think about the next time you start to have a craving over something, do you truly need this or are you just looking for a healthier outlet to deal with your stress?



3 EXERCISE TO BOOST YOUR MOOD

If you’re looking for a healthy alternative to eating, but don’t know how to vent your frustration, well look no further than doing some good old-fashioned exercise. Exercise whether it be in the form of running, jumping jacks, weight lifting, finding a workout buddy or even sex, will boost your serotonin levels leaving you with a feeling of euphoria. Now that’s calorie free, guilt free where you and another person can benefit in so many ways.



4 GET OFF THE SCALE

I am a big believer in weighing yourself once or twice a week, but that’s it. I find the scale becomes a torture method for most people trying to lose weight. Everything goes good until you go up a pound or two due to excess water retention. I then notice people jump off the wagon, throw in the towel and say, “that’s it this plan isn’t working”.

It takes weeks or even months for your family and friends to notice your weight loss and start asking, having you obsess over a few pounds is irrelevant in the long run. If you are following a healthy eating plan you should judge how your clothes start fitting more than anything. They should start to become loose as you focus on healthier eating and exercising habits long term.



5 EAT BREAKFAST DAILY

It’s a well-known fact that you should eat something in the morning to get your body out of a fast and into fat burning mode. I don’t mean run to the nearest Starbucks for a double fat latte with a muffin to go, that’s not the answer. I’m talking about a simple scoop of oats with berries, nuts and almond milk or a quick and easy scrambled eggs over whole grain toast with turkey bacon. These are the types of foods our bodies crave, enjoy and benefit nutritionally from. Eating breakfast starts your metabolism off right; it helps your body feel hungry again in a few hours thus creating a faster metabolism. Even if you are in a pinch, a good piece of whole grain toast with some almond butter is better than nothing at all.

6 STAYING ACCOUNTABLE

It’s no secret, people who have someone or something to stay accountable to reach their goals faster and are more aware of what they are doing wrong before it’s too late. Staying accountable to your personal Nutritional Consultant, partner, a friend or even yourself by writing in a journal will help in the long term. Having to write down your daily food intake, talking with your spouse about what you ate today or having a phone meeting with your Nutritional Consultant on a regular basis will help you feel motivated, ready to take action and give you the confidence to stay on a healthy plan long term.



7 FOCUS ON WHAT YOU’RE EATING

Most people today are focused on television, phones, reading the paper and working on their laptops while eating mindlessly. If we put away the distractions and actually take 15 minutes to eat our lunch and focus on each bite, taste, smell and the pleasure, we will in fact get more benefits from our food. This will help the stomach learn to feel the right pressure and signal the brain to stop eating when you have had the right amount. Eat mindfully each meal by sitting at the table and to savour each bite, thus saving calories in the long term.

8 BIRDS OF A FEATHER FLOCK TOGETHER

As the saying goes, if you hang out with those that eat poorly, don’t exercise and don’t have an appreciation for health, you typically do the same. Surround yourself with people who like to work out, eat healthy most of the time and want to be healthier and live longer.

Even if others around you aren’t eating well or exercising you can surely be a positive inspiration to others.

