Weight Loss
Tips to lose weight the HEALTHY way

Many people want to lose weight or are actively trying to lose weight for a variety of reasons. Dramatic weight changes are not sustainable in most cases; however moderate weight loss can be attained by simple, realistic lifestyle modifications. Here are some tips to consider as get you started:

1. **Consider your motives.**
   If your goal is to be “healthier” know that most diets will make things worse, not better. Dramatic weight loss and weight cycling are very harmful to the body. Choosing a healthier lifestyle will improve your overall health, regardless of weight changes, and will help meet your goal of health improvement.

   If your goal is to “look better” or to “feel better about yourself” be aware that dieting and intentional weight loss programs increase, not decrease, the likelihood of weight gain long term. Diets slow your metabolism, result in food cravings, and decrease your energy levels. The research is clear, 95% of all dieters will rebound to a higher weight after initially losing weight. This repeated cycle often results in feeling like a failure, decreased self-confidence, and decreased self-esteem- the opposite of the initial goal.

2. **Eat throughout the day.**
   This means do not skip meals and do not starve yourself! The old belief that all you have to do to lose weight is eat less than you take in is oversimplified and outdated. When working with the human body, there are many different factors to take into consideration that complicate weight loss efforts. Extreme diets can send the body into starvation mode making it more difficult for your body to burn energy and lose weight. This damage can be difficult or impossible to reverse. The more starvation cycles your body experiences, the worse the effect will be. Keep in mind that even if you lose weight at first, starvation leads to weight gain long term.

   Instead, eat throughout the day and fuel your body with moderately sized meals and snacks to keep you and your metabolism functioning at its optimal level.

3. **Use common sense.**
   Beware of any diet that eliminates entire food groups. Your body needs food from all the food groups to be healthy. Grains, fruits, vegetables, dairy, proteins, and even fats provide important nutrients that you need every day to be healthy. The crucial concepts of balance, variety, and moderation should be the basis for any healthy eating program.
According to research, eating breakfast daily, getting adequate and consistent sleep, and maintaining adequate hydration are essential for health and weight loss.

4. **Use a Reality Check.**
   If it sounds too good to be true, it is. The dieting industry promises you anything, especially if it will make them money. Sadly, the diet industry exists to post profits, not make you healthy, skinny, and/or happy. If even 1 diet delivered what it promised, the entire industry would collapse due to the creation of a monopoly. Everybody would go on that one diet and everybody would lose weight. However, this is simply not true; diets have a 95% failure rate. If weight loss is in your body’s best interest, expect that changes will be slow as you work to improve your lifestyle—your exercising and eating habits.

5. **Find enjoyment in moving your body.**
   Choose exercise that you enjoy and make exercise a fun activity. The research is clear—staying active throughout the life span is essential to health and weight loss. People who maintain an active lifestyle for their entire life find ways to move their bodies that are respectful and enjoyable. On the contrary, people who exercise only when dieting or as a form of self-punishment never experience the joy of movement and rarely reap the full benefits of an active lifestyle.