

Getting Started -- How to Lose Weight

The following are success factors for people who lose weight and keep it off.

How can some of these ideas help you?

1. Serve Less Food

- Most Canadians choose portion size with their eyes, not their stomach.
- Use smaller plates and glasses. Serve and buy less food.

2. Establish Helpful Eating Habits

Planning

- Plan your menu, grocery list and dining out choices each week.
- Plan for adequate vegetables, fruit, fish, lowfat dairy and whole grains.
- Explore and try new recipes for great foods such as fish and vegetables.
- Do not keep foods in your home that trigger you to overeat.

Meal and Snack Timing

- Eat 3 meals every day. Do not skip meals.
- Have the option for 1 to 2 snacks when meals are more than 4-5 hours apart.
- Plan regular times to eat your meals and snacks.
- Do not eat or drink anything but water between meals and snacks.

Eating Location

- Eat while sitting at a table and use dishware and glasses.
- Avoid distractions such as TV or reading. Pay attention to your food.
- Dine with friends and family often.

3. Move More

- Burn an additional 200 to 300 calories per day in physical activity. This means walk or run an additional 3 miles per day or its equivalent.

4. Sleep Enough

- Shift your priorities to ensure you are in bed at least 8 hours every night. Less sleep makes it harder to lose weight.

5. Manage Stress

- Unmanaged chronic stress helps hormones deposit fat around your belly. Manage your stress to prevent this.

We can help you lose weight.

Change is easier when you have knowledgeable and experienced support. A Registered Dietitian can help you bridge and seal the gap between your current behaviours and your goals to lose weight.

Call to book a free 15 minute meeting

and discover how we can help you reach your goals.



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