

LONG TERM WEIGHT LOSS

It is natural to want to lose weight right away. However, sustainable weight loss requires a lifestyle change that you continuously work on. It requires both healthy dieting and physical exercise.

WHAT IS A HEALTHY GOAL FOR WEIGHT LOSS?

Studies have shown that if you lose 5-10% of your total body weight, you are likely to gain health benefits like improvements in blood pressure, cholesterol levels, and blood sugars. This means that if you weigh 200lbs, you will benefit from losing 10 lbs.

EATING HEALTHY

Eating healthy may be challenging at first, as your thoughts may be focused on what you can't have. Try shifting your mindset to foods that you can eat. Add color to your meals with a variety of fruits and vegetables (fresh, frozen, or canned). Try healthier alternatives to your favorite foods – bake your foods rather than frying them. You can still eat your favorite comfort foods, just eat it less often and balance it with healthier food options and physical activity.

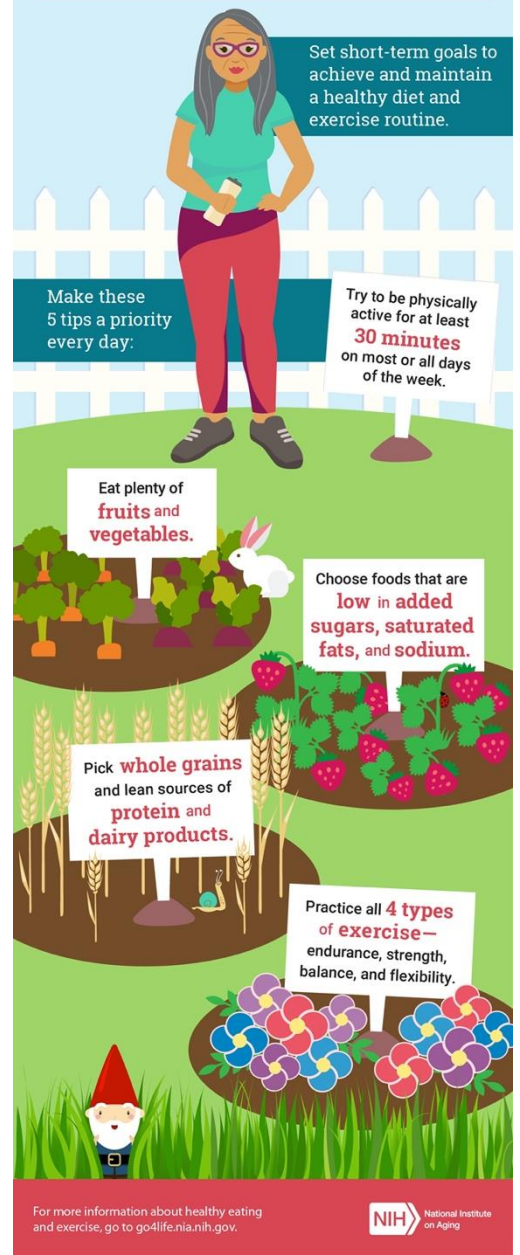
EXERCISING HEALTHY

Supplementing your diet with regular exercise is essential for maintaining your weight loss. Physical activity increases the metabolic demand on your body and combined with healthy eating, can create a calorie deficit that results in weight loss. In addition to weight loss, physical activity has many health benefits, such as improved cardiovascular health, blood sugar control, improved pain control, and improved symptoms of depression and anxiety. It is recommended that adults engage in moderate-intensity physical activity 150min each week to maintain your weight. Children ages 6-17 require 60 min of moderate intensity physical activity daily.

DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.





10 TIPS FOR SUCCESSFUL WEIGHT LOSS



1 DON'T SKIP BREAKFAST

Nearly 10 % of people skip breakfast

Breakfast is the most important meal of the day; you need an energy boosting food or drink like black coffee for adults or a warm cup of green tea, milk for kids, whole wheat bread, low-fat yogurt and fruit, or a bowl of multigrain cereal with almonds and honey.



2 ALWAYS REHYDRATE



Drink at least eight 8-ounce glasses of fluid a day

Drink plenty of water or other calorie-free beverage. If you're not a fan of plain water, try citrus juice with low amounts of sugar, brew-infused teas, and/or black coffee.



3 CLEAN YOUR KITCHEN AND BE A SLIM SHOPPER

A 150 pound person would burn around 200 calories per hour shopping



Don't deprive yourself of your favorite snacks; instead, cut down by food shopping more often. You can still enjoy your favourite food by using moderation and self-control. Stock your kitchen with healthy and convenient foods.

4 BE PHYSICALLY AND MENTALLY ACTIVE

A 150 pound person would burn at least 189 calories per hour doing yoga



Do yoga and meditation, adding a cardio workout afterwards. Sooner or later you'll get into a stressful situation; instead of overeating comfort foods that are high in calories, learn to stay calm and be more active to improve self-control and endurance.



5 BE PERSISTENT, BELIEVE AND DO NOT PUSH IT TO THE LIMIT



You can't fail unless you quit. If you are getting frustrated, make sure you are not under-eating, over-exercising, or expecting too much from the scale each week. Find the right balance of nutrition and exercise to feel strong and satisfied. Keep a positive mind-set that you can be successful with weight loss; forget all the "reasons" why you can't lose weight fast. Overcome negativity and focus on the things that are in your control.

6 GET MORE SLEEP



Improve the quality of your rest by setting a regular bedtime.

Go to bed at the same time every night and wake up at the same time every day (selecting seven or eight hours). Have a power nap as needed to make up for lost sleep.



7 BENEFITS OF SUNLIGHT



Only takes less than 30 minutes in the sun to give your body enough time to generate the vitamin D. Remove your sunglasses in the morning and let sunlight shine upon your face. Studies show that you can ease mild depressions and cope better with stress when you are not lacking in Vitamin D. Sunlight increases the levels of a natural antidepressant in the brain. On sunny days, the brain produces more of the mood-lifting chemical serotonin than on darker days.



8 PRAY THE FAT AWAY



Individuals who report feeling greater intimacy with God through prayer are more likely to be physically active, according to research from Cornell University. "Studies show that those who have more social support move more, and being closer to God may give people that support."

9 GIVE YOURSELF A LITTLE CHEAT DAY



It is important that you permit yourself certain treats in moderation along with your personal weight loss program.

10 THROW OUT A BIG SMILE AND FEEL BEAUTIFUL FROM THE INSIDE OUT



- LINKS:**
- http://www.menhealth.com/mhlists/motivation_to_lose_weight/
 - <http://www.prevention.com/weight-loss/weight-loss-tips/top-10-weight-loss-tips-biggest-loser-club>
 - <http://www.webmd.com/diet/features/15-best-diet-tips-ever?page>
 - http://www.cosopolitanmag.com/health/health_and_wellness/club/10_easy_tips_for_successful_weight_loss
 - <http://www.self.com/food/diet/2010/03/weight-loss-superstars>
 - http://www.health.com/health/gallery/0_20639818.00.html
 - http://www.huffingtonpost.com/2011/10/11/31-million-americans-skip_n_1006076.html
 - <http://www.mayoclinic.com/health/water/NL00293>
 - <http://www.my-calorie-counter.com>
 - <http://voices.yahoo.com/how-many-calories-burn-during-yoga-7527974.html?cat=50>
 - <http://www.dummies.com/how-to/content/how-much-sun-do-you-need-to-make-vitamin-d.html>