



Top 10 Weight Loss Tips

- 1) Know and Write Down Your Goal** - Yes, you want to have an idea of what you want to lose, but you also want to be clear about why it's important to you. The "why" will help keep you on task. The extra bit is to write it down. People that write down their goals are far more likely to attain them.
- 2) Get Help From a Professional** - Get started right with the advice from an experienced professional (Personal Trainer and/or Nutritionist that can tailor a program just for you.
- 3) Commit to Lifestyle Changes** - Quick fixes may help you to lose weight in short term, but in the long run will leave you heavier and frustrated. Look to making healthy lifestyle changes that you can sustain for the rest of your life.
- 4) Baby Steps**- Plan on making one or two small changes at a time. When you master them, pick one or two more to work on.
- 5) Journal** - Keeping a food journal can help you aware of your habitual behaviors, such as meal timing, how often you eat out, and times/situations that are problematic. As you become more aware of these issues, you can add them to your list of baby steps to be addressed in the future.
- 6) Use Diet and Exercise Approach**- To combine diet and exercise is key in weight loss. Additionally, while tradition has led us to believe that cardio exercise was best for losing fat, when high intensity weight training is really the element of change.
- 7) Be a More Active Person**- The more you do, the more calories you burn. Too often people will exercise for 30-60 minutes and then sit on their backside for the rest of the day. Get up, get out, and find ways to be a more active person.
- 8) Plan Ahead** - Nothing beats planning out the next day ahead of time. If I go into a day knowing what I will eat, when, and have written in my exercise time as an appointment, sticking with it is far easier than if I try to "wing" good behavior.
- 9) Clean House**- Set up your environment to help you with your goals. Get rid of the foods/treats around you at home and at work that make it hard to stay on track.
- 10) Confront Your Frenemies** - Frenemies are those that sabotage your efforts to lose weight. You need to have a heart-to-heart talk with them and, without mincing words, explain what you're doing and why it's so important to you. Then make them aware of how they are making that hard for you to accomplish your goals. Ask them if they can help you by refraining from those things that make it more difficult than it already is.