

Get Fit Nutrition: Weight Loss Tips and Strategies

How to Lose Weight Successfully

A successful weight loss plan allows you to eat, not diet or starve yourself. Long term weight loss begins with a healthful eating plan and motivation. The following tips will allow you to lose weight plus give you energy to exercise at your best. A safe weight loss goal is to lose 1-2 pounds per week.

Tips for Success

- 1) Keep a food log each day. Write down everything you eat and drink in a day, including amounts and time of meals. This will allow you to evaluate your meal patterns and eating habits. Your goal should be to eat more calories earlier in the day and less in the evening. This will also give you more energy to exercise and will prevent you from becoming too hungry.
- 2) Eat less and increase physical activity. In order to lose weight, ***you must create a calorie deficit***. At the end of the day, you have to burn off more calories that you consumed. Although, severely cutting back on calories will slow down your metabolism and hinder safe weight loss. Check food labels for accurate portion sizes and calories. Measure/weigh your food.
- 3) Have a balanced eating plan. Divide your calories into five meals per day, eating every 3-4 hours. Start your day with a substantial breakfast to break the overnight fast and replenish glycogen stores.
- 4) Eat slowly. The brain needs 20 minutes to receive the signal that you have eaten until full, so pace yourself. The satiety signal does not move any faster, no matter how much you consume. Try putting down the fork between bites and chew slower.
- 5) Avoid emotional eating. If you are bored, tired, or stressed, focus on an alternate activity that is incompatible with eating such as, swimming, housework, shopping, sleeping, or taking a bath.
- 6) Visualize success and think positive. Begin each day with a positive thought and be proud of your new eating patterns and healthy lifestyle.

Alison Ozgur, R.D.

To learn more about your specific calorie needs for safe weight loss, purchase a 30 minute phone consultation with Alison from **GetFitLiveFit.org**.