

TIPS FOR SUCCESSFUL WEIGHT MANAGEMENT

Is this your year to lose a few pounds? Many people select losing weight as a goal for the new year. Whether you are ready to take action or still deciding, these tips can help you get started and stay on track.

HEALTH NOTES

How ready are you to take the next step?

Not ready → Ready

What would make you more ready?

What might your next steps be?

What is your plan?

Eat a healthful diet

- Eat at least five servings of fruits and vegetables daily.
- Eat at least half of your starch choices from whole grains.
- Limit your intake of high calorie, low nutrient foods, such as sweets, chips, and alcohol.
- Replace soda and juice with water.

Write down what you eat, and how much of it, to increase awareness of your eating habits

Aim for gradual weight loss. Losing one to two pounds per week is realistic. Measure progress

- How your clothes fit.
- Inches lost.
- How you feel.

Be active. Use physical activity as a diversion from eating and to burn calories and tone muscles

- Talk to your health care practitioner about activities that are safe and right for you.
- Start slowly to avoid the risk of injury.
- Build up your activity time until you can exercise 30 minutes or longer on most days of the week. You can break the activity up throughout the day—15 minutes in the morning and 15 minutes in the evening.
- Choose a variety of activities you enjoy to keep you motivated. Learn a new sport, take a dance class, or buy a new exercise tape.
- Make physical activity a part of your everyday life. Take the stairs, walk in place during TV commercial breaks, or do your household chores with more energy.
- Track your progress. Log your steps daily using a step counter or pedometer, or record how many miles or minutes you ride the exercise bicycle.



For more information

Visit kp.org/weight

- Visit the Healthy Weight featured health topic.

Visit everybodywalk.org

- Download the app for your smartphone and join Every Body Walk! A campaign for resources and information to start walking 30 minutes a day, five days a week.

Sign up for HealthMedia® Balance®

- Receive personalized weight management information (for Kaiser Permanente members only).

Eat throughout the day

- Space meals.
- Eat breakfast everyday.
- If you want to eat at other times, ask yourself if you are really hungry or if you are responding to situations associated with eating.

Make eating a single activity

- Get rid of distractions while eating.
- Decide on one spot in the house in which to eat.
- Set a place and sit down there whenever you eat.

Eat slowly

- Put your fork down between bites.
- Plan a pause during the meal.
- Choose foods that take time to eat.
- Alternate bites of food with sips of water.
- Chew food well before swallowing.

Practice portion control

- Eat from a smaller plate.
- Limit second helpings to salad or vegetables.
- Respond to hunger, not the sight or smell of food.
- Serve food in the kitchen.
- Leave the table right after eating.

Remove things that can tempt you from easy reach

- Keep low calorie, low fat snacks in the house.
- Store food out of sight.
- Remove serving dishes from the table to avoid second helpings.
- Avoid restaurants that have foods that tempt you.

Avoid impulse buying when food shopping

- Shop from a list.
- Shop after eating, when you're not hungry.

Make a plan for social events

- Eat a small snack before you go out so you will not arrive hungry.
- Eat smaller meals before and after the event.
- Decide ahead of time what you will eat.
- Try to plan social events around something besides food.

Try not to nibble while cooking or cleaning up

- Sip a low calorie beverage, like water or iced tea.
- Let other family members taste or clean.
- Brush your teeth before cooking or after eating.

Be realistic

- Set realistic goals.
- Avoid making vows of always or never.
- Curtail binges as soon as you can. Do not let guilt cause you to keep eating.
- Focus on progress, not failure.

Seek support from others

- Ask family members and friends to help you.
- Talk to others with the same concerns. Join a weight management program or support group.

The information presented here is not intended to diagnose health problems or to take the place of professional medical care. If you have persistent medical problems, or if you have further questions, please consult your doctor or member of your health care team.