

Top 7 Tips for Successful Weight Loss

By Jennifer May, M.S., R.D., M.S.
Manager, Nutrition Services
DietWatch.com



✦ Top 7 Tips For Weight Loss Now!

Are you struggling to lose weight and maintain a healthy weight loss?
You are not alone! Millions of people are dealing with this same struggle daily.

Have you experienced some success only to find the weight coming back on?

Why does this happen? It's certainly not from a lack of information about healthy eating. The news is filled with articles on healthy eating, weight loss and fitness. And yet achieving successful weight loss is a true challenge.

Most of the challenges are personal: The stress of daily life; the huge portions served in restaurants; and the lack of time to dedicate to a healthier lifestyle.

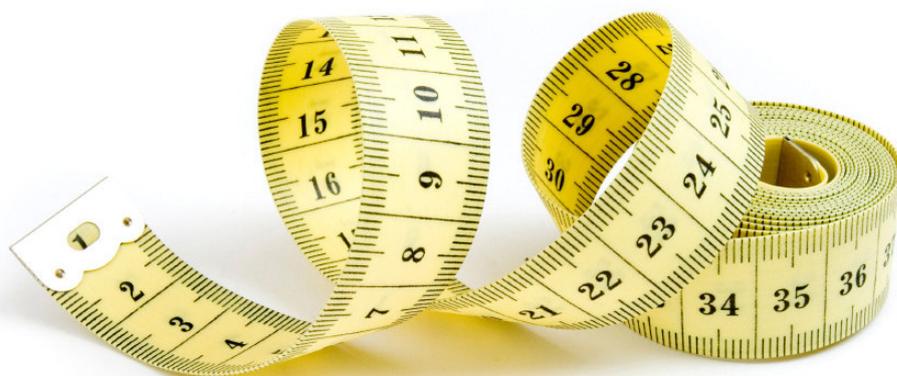
I don't expect that this book will solve all of your weight loss challenges, but I hope that DietWatch's 7 Top Tips will help you achieve and maintain your optimal weight, as well as lead a healthy, balanced lifestyle.

I encourage you to reach out and take advantage of the tools and support available on DietWatch.com to help you on this journey.

I am proud to be associated with DietWatch.com, which, since 1996, has been helping people online reach their goals with top-notch tools and a caring community.

I commend you on your effort to take control of your weight and your health.
It's certainly worth it!

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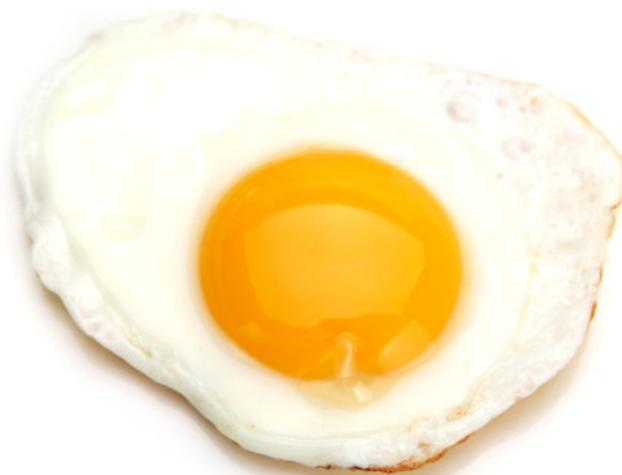


❖ 1 Get Moving

Be physically active each and every day. Whatever activity you choose, whether it's walking, swimming, biking or yoga, be sure that you enjoy it so you'll be more likely to stick with it for the long-term. Aim for 30-60 minutes of physical activity most days of the week - closer to 60 minutes for weight loss and 30 minutes for weight maintenance, although any activity will help shed unwanted pounds. Don't forget the importance of strength training 2-3 times per week. This builds muscle mass and allows muscle to burn more calories at rest.

❖ 2 Break the Fast

Experts all agree - breakfast is the most important meal of the day. Whether you choose cereal, an egg with toast, or a yogurt, eating something in the morning kick starts your metabolism for the rest of the day. Individuals who consume breakfast are more likely to lose weight and keep it off compared to those who wait later in the day to eat their first meal. Strive for a balanced meal, including complex carbohydrates along with a healthy source of protein – a scrambled egg and half a whole grain English muffin with a touch of butter or margarine and all-fruit preserves, or a small bowl of oatmeal with chopped nuts and raisins, make for healthy choices.



❖ 3 Focus on Your Food

When you eat, eat. Avoid dining or snacking while preoccupied with another activity, such as working, watching television, or browsing the Internet. When busy doing another activity while eating, you're more in tune with that activity than what's going into your mouth. This is a common trap for racking up the calories. It's best to set aside a specific time and place to eat your meals.

❖ 4 Snack Away

Snacking is not just for kids. We should be doing it too. Consuming 5-6 smaller meals during the day instead of three larger ones, or simply adding 2-3 small snacks throughout the day, can actually help you lose weight. Eating something every 3-4 hours keeps your metabolism active during the day and can help prevent binges - especially at night - or overeating at your meals. Healthy snack options include fresh fruit, yogurt, nuts, string cheese, or whole grain crackers.

❖ 5 Wet Your Whistle Right

Beware of liquid calories. A 20-oz. bottle of regular soda per day can add 1/2 pound per week of weight, which equals 26 pounds per year! Sweetened beverages such as lemonade and iced tea can also pack on the pounds. And recent studies have found that regular diet soda consumption can actually contribute to weight gain; researchers theorize that artificial sweeteners in diet soda somehow stimulate appetite. Another offender: Alcoholic drinks. A single serving of alcohol contains 100-150 calories, so keep your intake of these drinks to a minimum as well. (Recommendations from a health standpoint are no more than 1 serving per day for women and no more than 2 servings per day for men). If you do opt to drink, have a glass of water for each drink you consume, and be sure to eat something too.



❖ 6 Eat In, Not Out

This may be easier said than done in the hustle and bustle of life. While most restaurants do offer healthier options these days, portion control is still a challenge. A typical restaurant meal is suitable for 2-3 people, so if you do eat out, try to split your entree with a friend or family member, or bring half your meal home with you. A great tip is to ask for a to-go box before you take your first bite. Place 1/2 - 2/3 of your meal in the box and set it aside. After some soup or salad and what's left of your entree, you should feel satiated.

❖ 7 Ditch Diet Foods

If you look, you will find them – a plethora of low-calorie, fat-free foods adorn grocery store shelves. Although they can be enticing when you're trying to shave off calories, these foods are often no better than their regular counterparts. If anything, they're typically loaded with added preservatives and fillers, and are highly processed. Sodium and/or sugar are usually higher in these foods to compensate for flavor. Stick with regular foods and eat smaller portions of them. However, opting for healthy lower-fat products, like yogurt, cheese and skim milk, is a smart move.

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<http://www.dietwatch.com/ebook>



I lost 33 lbs

"I have lost 33 pounds, but more importantly, I feel fit and active again." *Cherie*

Results not typical

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You have the right to pass this e-book on to friends, relatives or anyone you think will benefit from it – for free.



✦ About the Author



Jennifer May, M.S., R.D., M.S.

Jennifer is the Manager of Nutrition Services for DietWatch.com. Jennifer holds two master's degrees from Indiana University, one in nutrition science and one in exercise physiology. Jennifer has taught nutrition and biology at the university level, and has provided nutrition and fitness counseling and coaching for individuals, medical facilities, health organizations, and schools. She has produced educational materials and has appeared frequently on radio and television.

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