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# WEIGHT LOSS TIPS

This time of year, many of us take on the challenge of losing weight and living a healthier lifestyle. The problem is that after a few weeks we revert back to old habits. Although it can be discouraging we can help you achieve and maintain your ideal weight!

Yes it's a broken record but the single best way to loose weight is to simply count calories and control food portions. To maintain weight, moderately active women shouldn't exceed 2000 calories a day with men's top calorie count being around 2500. Divide those numbers for three meals and a couple of snacks, and you get 400 to 500 calories each. Make this your target.



### *Get started and stay on track!*



- Make a meaningful list of commitments that will help you lose weight and improve your health. Keep it with you and post it on the bathroom mirror. It will serve as a motivator to help you make healthful changes each day.
- Get support from a friend or family member! You would be amazed how effective a buddy system can help keep you on track.
- Set realistic goals and work within your individual lifestyle and challenges. Focus on one goal at a time. No matter how small, your successes will help build self esteem and will keep you moving forward.

- Start a Journal and Reflect at least once a day. Use it to review progress and set goals!
- Choose a diet that is nutritionally balanced and if needed, seek the advice of a nutritional expert.
- Aim to get at least 5 servings a day of fruits and vegetables.
- Eat only from a plate – not from a bag or container. Choose a quiet environment and eat slowly focusing on your meal.



- Get some kind of physical activity each day, even if it's only for 20-30 minutes. No excuses!
- Pack healthy snacks when you are on the go. Protein or energy bars can help but fruit and vegetables are always a healthy alternative.
- Schedule time for yourself, even if it is at the end of the day. This could be the time that you set aside to journal or read in a quiet room.

- Challenge your usual fitness routine. Try something new to recharge your body and mind.
- Allow yourself occasional treats, in moderation. Deprivation eventually leads to over indulgence.