



Louisville Center for Weight Loss

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6 TIPS TO JUMP START YOUR 2011 DIET

1. KEEP A FOOD LOG

By spending a little extra time to write down everything you eat and drink you will be able to see where extra calories sneak in.

Try fitday.com for a free, easy to use online journal that calculates calories and nutrition.

2. SET ATTAINABLE GOALS

The biggest mistake people make when trying to lose weight is trying to lose too many pounds too fast or setting unrealistic goals. For long-term success, aim for a slow, steady weight loss of about 1-2 pounds a week. No one wants to lose weight only to gain it all back-and often more- a few months later.

3. BE SPECIFIC

Instead of resolving to lose weight, which is too general, set several smaller but more specific goals such as eating five serving of vegetables per day, taking a 15-min walk at lunch each day or drinking several glasses of water per day. Adding healthy behaviors to your routine is often easier than telling yourself "don't do this or don't eat that".

4. FORGIVE SLIP-UPS

Don't throw your entire routine out the window after one bad day. Instead try to identify the specific barriers that got in your way and think through strategies to avoid such challenges in the future. For example to avoid the temptation of buying a candy bar while standing in line at the grocery store, eat a healthy snack before going shopping.

5. EMBRACE YOGA

One study published in 2005, found that regular yoga practice is associated with the prevention of middle-age spread in normal-weight people and the promotion of weight loss in those who are overweight. A follow-up study published in 2009 found that regular yoga practice is associated with mindful eating, and people who eat mindfully are less likely to be obese. Mindful eating is a skill that augments the usual approaches to weight loss, such as dieting, counting calories and limiting portion sizes. Adding a standard yoga practice may make it more effective.

6. EXERCISE EVERYDAY

We all know that exercise is crucial to losing weight, but sometimes its easier said than done. The task need not be daunting; all it takes to see a weight loss benefit is 30-60 minutes of aerobic activity daily. You don't need to be athletic. Just brisk walking or dancing to your favorite music or using an aerobic exercise machine like a stationary bike or treadmill is all you need to do, just try to do it each day. The exercise doesn't need to be all at once you can break it down into 10 or 15 minutes throughout the day to get the weight-loss benefit.