

WEIGHT LOSS

WHAT IS THE BEST APPROACH?

Many people try to lose weight at some point in their life. Unfortunately, weight is too often lost in a way that works against the body. This leads to weight regain and yo-yo dieting. The more effective (and sane) approach is sustainable healthy habit changes over time.

long-term healthy habits = long term weight loss

DIETING VS. HEALTHY HABIT CHANGE

Dieting

Feel Out of Control

Daily food intake revolves around feelings of restriction and deprivation

Calories Emphasized

Focus on calorie counting and calories in vs. calories out

Quick

Quick-fix; focused on losing weight quickly with behaviors and methods that are not sustainable.

Negative Impact

Disruptive to the body's normal functions. Causes the metabolism to slow.

Food focused

Mainly focused on food to lose weight and reach weight goal

Healthy Habit Change

Feel In Control

Consume normal quantities of food each day (for age, gender, and activity level)

Quality Emphasized

Focus on food type and quality, not calories. This supports the body's ability to burn fat.

Slow

Slow and steady; take time to experiment. Only implement things that are conceivable to do long-term.

Positive Impact

Gentle on body, gives the body time to adapt. Metabolism does not slow. Quality food helps heal and prevent disease.

Big-picture focus

Focus on all habits (ex. physical activity, sleep, and stress) that can also affect weight and fat burning.

WHAT YOU NEED TO KNOW



The type and quality of our foods and how they affect our hormones (specifically insulin) is more important than counting calories.

Think about how you will maintain weight loss long-term and not just about getting to a certain goal weight.



Consider working with a knowledgeable healthcare professional who can guide you in long-term habit changes