

Tips for Losing Weight... the HEALTHY Way

Many people desire to lose weight for a variety of different reasons. Drastic weight changes are not sustainable in most cases, but moderate reductions in weight can be attained by simple lifestyle modifications. Here are some tips to get you started:

1. **Start by evaluating your motives.**

If your goal is **health improvement**, keep in mind that most diets will make things worse, not better. *Rapid weight loss and weight cycling are very harmful to the body.* Choosing a healthy lifestyle, regardless of your weight changes, will help you accomplish your goal of health improvement.

If you want to lose weight to “**look better**,” be aware that intentional weight loss programs & dieting INCREASE, not decrease, the likelihood of weight gain long term. *Diets slow your metabolism and result in food cravings.* The research is clear: 95-99% of dieters will rebound to a higher weight after initially losing weight.

2. **Never starve yourself. Ever.**

Some say losing weight is simple: eat less energy than you expend. However, when working with the human body, there are many factors that complicate the situation. *Crash diets can send the body into “starvation mode” and making it more difficult to burn energy and lose weight.* This damage can be difficult or impossible to reverse—the more starvation cycles the body experiences, the worse the effect will be. Bottom line: starvation leads to long-term weight gain, even if you lose weight at first.

Instead, fuel your body with moderately sized meals and snacks to keep your metabolism and body functioning at its optimum potential.

3. **Don't forget common sense.**

Beware of any diet that cuts out entire food groups. The body needs food from every food group to be healthy. Grains, fruits, vegetables, dairy, and other protein sources all provide important nutrients that the body needs everyday. The key concepts of *balance, variety, and moderation* should represent the core of any healthy eating program.

Research shows that eating **breakfast** daily, getting consistent and adequate **sleep**, and maintaining adequate **hydration** are all essential to health and weight loss.

4. **If it sounds too good to be true... IT IS.**

The diet industry will promise you anything, especially if it will make them money. *The diet industry exists to post profits, not make people skinny and/or happy about themselves.*

If even 1 diet delivered what it promised, the entire industry would collapse due to the creation of a monopoly. Remember, diets boast a 95-99% FAILURE rate. If weight loss is in your body's best interest, expect that the changes will be slow as you work to improve your eating and exercise habits.

5. **Find enjoyment in moving your body.**

The data is clear: staying active throughout the life span is essential to health and weight loss. People who maintain active lifestyles for their **whole lives** find ways to move their bodies that are respectful and enjoyable. On the contrary, people who exercise as a form of self-punishment never experience the joy of movement and rarely reap the full benefits of an active lifestyle.

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