

What is the Best Way to Lose Weight Long Term??



Sheboygan County
Activity and Nutrition
Coalition

 In any given year, more than half of all Americans attempt to lose weight. For most of us weight loss and keeping it off is no easy task.

If you check the National Weight Control Registry (NWCR) web site (8/12) it is reported that:

- **98%** of the Registry participants report that they modified their food intake in some way to lose weight.
- **94%** increased their physical activity, with the most frequently reported form of activity being walking.

When addressing how the weight is kept off the NWCR notes: most report they continue to limit calories and fat, along with continuing high levels of activity.

- 78% eat breakfast every day.
- 75% weigh themselves at least once a week.
- 62% watch less than 10 hours of TV per week.
- 90% exercise, on average, about 1 hour per day.



The bottom line remains: you will only be successful in your weight control efforts if you are motivated to decrease the amount of calories you eat or increase the amount of calories you burn through physical activity, or better yet **both** healthier eating and more activity!



Important Questions to Consider When Choosing a Weight Loss Program:

- Does the staff consist of qualified counselors and health care professionals such as doctors, registered dietitians, and exercise physiologists?
- Are the food choices flexible and something you can continue long term? (I.e. are they healthy eating plans that reduce calories but do not forbid specific foods or food groups?)
- Are the weight loss goals realistic? The rate of weight loss should be at about 1/2-2 pounds each week after the first week or two. Weight loss may be faster at the start of the program.
- What percent of people complete the program?
- What is the average weight loss among people who finish the program?

- What percentages of people have problems or side effects?
 - What are they?
- Is there a plan to keep the weight off after you have lost it? (*Maintenance Plan*)

The program you select should help you improve your eating habits, increase your activity level and help you change other lifestyle habits that may have contributed to your weight gain in the past.....this will provide long term success.



Suggested Web Resources:

The American Academy of Nutrition and Dietetics site (www.eatright.org) for “*Consumer Diet and Lifestyle Book Reviews*” located in the *For the Media* section under *Quick Links*.

This is a quick and easy way to get an expert’s review, if you are considering using one of the latest diet and lifestyle books: www.eatright.org And Search “consumer diet and lifestyle book reviews” ; Or the direct link:: <http://www.eatright.org/Media/content.aspx?id=264>

The screenshot shows the website interface for the American Academy of Nutrition and Dietetics. The main content area is titled "Consumer Diet and Lifestyle Book Reviews" and features a list of "LATEST REVIEWS" with titles such as "The 4 Hour Body: An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman" and "The 17 Day Diet". There are also social media sharing options (Like, Tweet, Pin it, Share) and a "Book Reviews" sidebar with filters for "ALL REVIEWS" by Author, Title, or Topic.



ALSO check out the www.eatright.org “**Healthy Weight Loss Section**” under the PublicTab or <http://www.eatright.org/Public/content.aspx?id=6843>) **AND** under the Media Tab the **Weight Management Apps reviews** or <http://www.eatright.org/appreviews/> .

WebMD Health and Diet Center: <http://www.webmd.com/diet/default.htm>

Mayo Clinic Weight Loss Center: <http://www.mayoclinic.com/health/weight-loss/WT99999>