



Losing weight and keeping it off

Losing weight not only takes eating less and moving more, but learning how to let go of old habits and replace them with new healthier ones. Fortunately, taking a healthy approach to losing weight doesn't require that you tackle all of these changes at once.

The first step — deciding to do something about losing weight and making healthier lifestyle choices — is already behind you.



Focus on healthy choices

If you've tried countless times to lose weight, you may feel like many others do. You already know what you *need* to do, but the hard part is *just doing it*. Maybe those strategies have failed because you feel like they are too restrictive or time-consuming. Or maybe you get bored or frustrated.

To get started, try focusing on a healthy lifestyle first, and let weight loss follow. No matter what approach you choose to lose weight, it requires confidence and commitment make permanent lifestyle changes. There is *no one right way* to lose weight, and only *you* are the expert on what will work best for you.

Losing weight for good



6 strategies to become a “Successful Loser”

You don't have to try them all at once. Just start with the ones that will work for you.

- **Set personal and goals.** Set yourself up for success with goals that are achievable for you. A goal doesn't necessarily have to be a number. Think about setting physical activity and nutrition goals too.
- **Ditch the diet.** Instead of dieting, focus on eating smart. To meet your body's nutrient needs, women should eat at least 1,200 calories per day and men should eat at least 1,500 calories per day. Check out choosemyplate.gov and yumpower.com to learn more about better-for-you eating.
- **Eat often.** People that eat regularly, including breakfast, are more likely to lose weight than those that skip meals.
- **Move more.** Burn at least 300-400 calories per day or 2,000 calories per week from physical activity. Shooting for 60 minutes per day of moderate activity, like walking, can help you reach that goal.
- **Weigh-in weekly.** Don't be afraid of your scale. As your weight goes down, your confidence goes up. Weigh in once a week to monitor your progress toward your goal.

Take action

My main reason for losing weight is _____ . I want to lose

_____ pounds by _____ (insert a date or special event). To reach my goal, I will

(insert your action steps to get there).