Strategies for Weight Loss Success

How can you lose weight and keep it off?

Below are some ways people have lost weight and kept it off for over a year, plus other suggestions that can help you reach your health and fitness goals.

- Follow a reduced calorie diet with guidance from a Registered Dietitian
  - 1200-1500 calories for women, 1500-1800 calories for men; or adjusted for individual body weight and level of physical activity
- Keep a food journal
- Exercise at least 40-60 minutes most days of the week
- Eat breakfast daily
- Weigh yourself weekly
- Watch less than 10 hours of TV per week
- Participate in individual or group weight loss sessions with a trained professional for 6 months or more

References

