

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

2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults, *Circulation*, published online at <http://circ.ahajournals.org>, November 12, 2013

The National Weight Control Registry, <http://www.nwcr.ws/>, accessed November 24, 2014

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University of Michigan Diabetes Education Program (734)998-2475
<http://www.uofmhealth.org/conditions-treatments/adult-diabetes-education>

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