

Maintaining a Healthy Lifestyle: Tips to Stay on Track

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Objectives

- Define “lifestyle change.”
- List one reason why people fall “off track.”
- Name one tool used for tracking intake and expenditure.
- Describe a *mindful* eating experience.

Weight Management

- Calories in versus calories out
 - Food
 - Physical activity
- Lifestyle change
- Motivation
- Lifelong commitment



AND Position Statement

*It is the position of the Academy of Nutrition and Dietetics that successful weight management to improve overall health for adults requires a **lifelong** commitment to healthful lifestyle behaviors emphasizing sustainable and enjoyable eating practices and daily physical activity.*

“According to our review, successful weight maintenance is associated with more initial weight loss, reaching a self-determined goal weight, having a **physically active** lifestyle, a regular meal rhythm including **breakfast** and healthier eating, control of over-eating and **self-monitoring** of behaviors. Weight maintenance is further associated with an internal **motivation** to lose weight, social **support**, better coping strategies and ability to handle life **stress**, self-efficacy, autonomy, assuming responsibility in life, and overall more psychological strength and stability. Factors that may pose a risk for weight regain include a history of weight cycling, disinhibited eating, binge eating, more hunger, eating in response to negative emotions and stress, and more passive reactions to problems.”

-Obesity Review, 2005

Be Proud of Your Success!

- Dwindling enthusiasm...
- “It is more fun to watch the pounds fall off than it is to prevent weight regain. Include rewards for yourself when you maintain your weight.” –TOPS

Plateaus

- Calorie intake...too high? Too low?
- Eat frequently to maintain metabolism
- Variety of physical activity
- Strength training to increase muscle mass & metabolism
- Reward yourself along the way
- Weekends??

Weekend Weight Gain

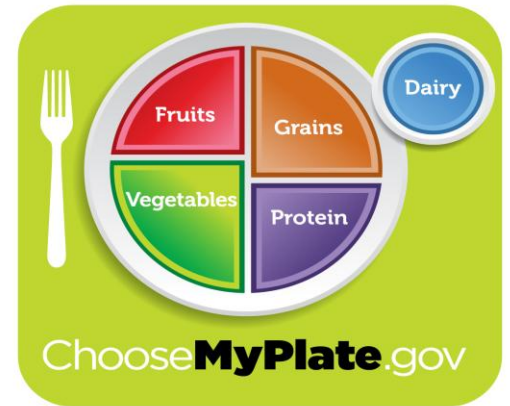
- 2003 study in Obesity Research: +115 kcals/day Fri-Sun.
- 1 year → 17,940 calories = 5 #
- Why?
- How to deal?
 - Consistency
 - Control alcohol
 - Limit eating out

Weekends

Participants who reported a consistent diet across the week were **1.5 times more likely** to maintain their weight within 5 pounds over the subsequent year (OR=1.58, 95% CI: 1.2-2.2) than participants who dieted more strictly on weekdays. A similar relationship emerged between dieting consistency across the year and subsequent weight regain.

Int J Obes Relat Metab Disord. 2004 Feb; 28(2):278-81.

Meal Planning



- Set yourself up for success, not failure!
- Use MyPlate as a guide to planning healthy meals.
- Strive to fill at least half your plate with fruits and veggies.
- Turn your menu into a grocery list.

...“Fail to Plan, Plan to Fail”

Grocery Shopping

- Read food labels.
- Compare NuVal™ scores.
- Try at least one new food or recipe per week.



Chocolate Activity

Ignorance is bliss, but...

Mindful Eating

- Recognize true physical hunger.
- Don't confuse physical and emotional hunger.
- Use all 5 senses when you eat.
- Eat slowly.
- Listen to your body and stop when you are full.

Self-Monitoring

Participants who decreased their frequency of self-weighing were more likely to report increases in their percentage of caloric intake from fat and in disinhibition, and decreases in cognitive restraint. Decreasing self-weighing frequency is also independently associated with greater weight gain.

Obesity (Silver Spring). 2007 Dec;15(12):3091-6.

Self-Monitoring

- Weekly weight checks
 - 78% of NWCR participants weigh themselves at least weekly
- Journaling
- Calorie counting



Tracking

- MyPlate SuperTracker
 - <https://www.choosemyplate.gov/SuperTracker/default.aspx>
- SparkPeople



STRESS!

When women were divided into tertiles based on baseline stress scores, those in the **lowest stress** group had significantly **greater weight loss** (5.2 kg +/- 4.9) compared with those in the highest stress group (3.0 kg +/- 4.0) ($p < .05$).

– *Health Psychology, 2009*

Take-Home Messages

- Start new healthy habits to create a lifestyle change.
- Plan ahead. Be prepared.
- Practice moderation.
- Eat mindfully.
- Practice self-monitoring strategies.
- Control your stress level.
- Maintain an active lifestyle.
- Commit to lifelong healthy habits.

Review

- Define lifestyle change.
- List one reason why people fall “off track.”
- Name one tool used for tracking intake and expenditure.
- Describe a mindful eating experience.
- How can you avoid weekend weight gain?
- What is the name of the new food guide symbol?
- What does AND stand for?
- Where do you find NuVal scores?
- How can you increase your metabolism?
- What is the name of the healthy on-campus dining initiative?



Create
-A-
Balance

Choice • Taste • Balance

Questions?



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“Making Lives Easier, Healthier, Happier...”