

# SECRETS OF SUCCESSFUL WEIGHT LOSS

**NATIONAL WEIGHT CONTROL REGISTRY (NWCR) IS THE LARGEST ON GOING STUDY FOLLOWING REAL PEOPLE OF THE REAL WORLD ON THEIR WEIGHT LOSS JOURNEY. PARTICIPANTS IN THE REGISTRY MUST HAVE LOST AT LEAST 30 POUNDS AND KEPT IT OFF FOR AT LEAST ONE YEAR. HOWEVER, THE REGISTRY HAS ABOUT 6,000 SUCCESSFUL WEIGHT LOSS "MAINTAINERS" (80% WOMEN, 20% MEN). AS A WHOLE, REGISTRY MEMBERS HAVE LOST AN AVERAGE OF 66 POUNDS AND HAVE KEPT IT OFF FOR 5 ½ YEARS. WE SHARE WITH YOU WHAT WEIGHT LOSS SECRETS AND TECHNIQUES THE REGISTRANTS USED TO LOSE, AND MOST IMPORTANTLY, MAINTAIN THEIR WEIGHT**

## **1. You have to move it, to lose it!**

This study reported that 94% of registrants increased their physical activity, with the most frequently reported form of activity being walking (registrants walked an average of **11,000-12,000 steps a day**, equivalent to 5.5-6.0 miles). Steps were counted using a pedometer. The registrants gradually increased their exercise regimen to 60 minutes of moderate-intensity physical activity per day. Performing a variety of physical activities is key in maintaining motivation and preventing boredom. Other physical activities included bicycling, aerobics, sports and stair climbing as well.

**2. Eat often.** Dietitians are recommending you to consume **five small meals per day**. That's eating every 2-3 hours. Most of the registrants' meals for the week were prepared at home. Fresh is always best!

**3. Be your own detective.** Monitor your eating habits and weight loss goals. About 75% of the study registrants **weighed themselves at least once a week**. This helps you to monitor any minor weight gain before it gets out of control. Combine this practice with keeping a food diary and you will be able to discover what

meals/activities/behaviors worked best for you that week and which ones did not.

**4. Enjoy the benefits of weight loss.** 95% of study registrants said that their overall quality of life has improved and 92% said that their level of energy was greater than before.



**5. You can have your cake AND eat it too...**...just don't have the whole cake! **Practicing moderation** with foods that we all enjoy but cannot have in excess has also been proven to be effective in maintaining weight loss. This prevents the urge to binge on your favorite comfort food due to increased "separation anxiety".

**6. Do not become a victim of Portion Distortion.** About 88% said they **eat less** of "certain types of foods". Although the "certain type of food" was not specified, we can only imagine that they were referring to the common high calorie foods such as french fries, desserts, ice cream, fried foods, fast foods, etc. Get in the habit of eating half of your dish in the restaurant, and

take the second half home for the following day. This practice cuts your calories in **HALF!** The same goes for those generously packed deli sandwiches. Have half of a sandwich instead and complete the rest of your meal with a side salad or a piece of fresh fruit

**7. Find your motivation.** About 75% reported that some event triggered their desire and **motivation** to lose weight. Triggers include, but are not limited to: Diseases such as heart disease, diabetes and high cholesterol, back pain, fatigue, 10 year reunions, family events, low self esteem, etc.

**8. Don't skip Breakfast!** It sets the pace of your metabolism for the rest of the day and you are less prone to overeat at lunch and dinner.

**9. Put down the remote.** Registrants reported watching only 10 hours of television per week. That is a third of what typical Americans watch.

**10. Handle all set backs gracefully.** You may overeat at a family dinner or even fluctuate 3 to 5 pounds one month. These minor set backs should not defeat you. You have worked so hard to come this far so get back on that horse and continue to work on your fabulous self.