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Weight Loss: Five Top Tips to Drop Those Extra Pounds

With warm temperatures and trips to the pool, summer can be one of the best times to replenish your motivation to lose weight. Here are the experts' top five tips to get rid of those spare pounds:



#1. Eat Healthy

This means staying away from packaged and processed foods, and instead focusing on eating fresh foods. "I recommend pairing lean proteins with fiber rich foods," says Kristen DeAngelis, a Registered Dietician at the TriHealth Fitness & Health Pavilion and TriHealth Women's Center. She suggests pairing lean proteins such as chicken, fish, eggs, nuts, and beans with fiber-rich vegetables, fruits, and whole grains for all meals and snacks.

#2. Control Your Portion Size

"Initially, you want to measure out your portions for the first 7-14 days. When you start to measure typical foods for a consistent period of time in the initial phase of your weight loss journey, you will get be more comfortable with what an adequate portion looks like on your plate," Kristen advises.

#3. Track Your Meals

Not only does tracking your meals remind you of what you're eating, but it helps you realize how much you're eating. "Tracking what you eat is one of the best ways to be accountable for what you're putting into your body," Kristen adds.

#4. Stay Hydrated

One important thing that people often forget about is that water helps fill you up. At times you may seem hungry, when you are actually just thirsty. A good rule of thumb for determining the amount of water to drink on a daily basis is to drink half of your body weight in ounces. For example, if you weigh 200 pounds, you need to drink 100 ounces of water.

#5. Be Active

Try to schedule a time each day dedicated to getting your heart rate up. Group fitness is a great way to stay active. "Find a partner and pick a class to attend before or after work. Having a partner that will hold you accountable for going is one of the best ways to lose weight," Kristen mentions.

For those that may suffer from joint issues, there are plenty of non-weight bearing exercise classes that are great for staying active. "Riding a bicycle and water aerobics are great," she adds.

Don't Let Emotions Control Your Eating

Food plays a significant role in our culture. For instance, we use food to celebrate special occasions. We provide food to comfort those who are hurting. Food becomes a natural part of our emotional landscape and easily can change into an unhealthy way to cope with stress and escape from negative emotions.



Emotional eating is defined by these characteristics:

- eating when feeling strong emotions or an intense urge,
- craving a certain kind of food,
- consuming more food when already full, and
- feeling out of control with eating.

To change your relationship with food, it is helpful to determine your emotional-eating triggers. Keep a food diary that includes how you were feeling prior to eating. Once you have considered what causes you to emotionally eat, you can create an action plan. [Here are some suggestions to manage your stress and eating habits:](#)

1. **Sleep:** Studies show that sleep deprivation decreases the hormone that makes us feel full.
2. **Talk:** Get support from friends and family. It is amazing how sharing your concerns can decrease the stress.
3. **Move:** Get physical and exercise – walk, take yoga etc.
4. **Relax:** Meditation, relaxation exercises, reading and taking a bath are all healthy ways to distract yourself and manage your stress.
5. **Wait:** Take five minutes before you have your snack to see if you still really want it.

If you feel you need more help, reach out to a professional. Talk with your physician or access a counselor in your community or through your employee assistance program such as [TriHealth EAP](#). We have to eat to survive. Becoming aware of when you are eating is the first step to taking back control over food.

Weight Management: Adopting Healthy Habits for Long-Term Success

Considering a weight-loss program? The number of available programs and diets can seem endless. How can you know which programs will be safe, effective and work best for you? Talking with your primary care physician is an important first step. Working with a health coach also can be helpful.



Successful, long-term weight control should focus on your overall health, not just on what you eat. Changing your lifestyle is not easy, but adopting healthy habits may help you better manage your weight long term. Health coaches don't focus solely on things like reducing calories or increasing exercise. Instead, they teach the principles of behavioral modification and help clients address behavioral factors and habits that affect a wide range of issues, such as smoking, inactivity, and stress. Health coaches can offer guidance and resources to assist clients to overcome challenges and regain a greater level of health and wellbeing.

Some employers offer the benefit of health coaching for their employees. Additionally, TriHealth offers a variety of weight management programs. Information on these programs can be found by visiting <http://www.trihealth.com/hospitals-and-practices/trihealth-weight-management/non-surgical-weight-loss/>