

## Stay Motivated

Permanent weight loss requires making healthy changes to your lifestyle and food choices. These tips can help you stay motivated:

**Find a cheering section.** Social support means a lot. Seek out support whether in the form of family, friends, or a support group to get the encouragement you need.

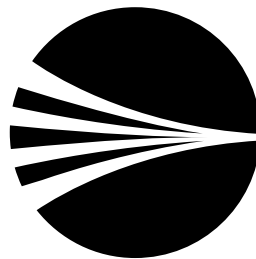
**Slow and Steady Wins The Race.** Losing weight too fast can take a toll on your mind and body, making you feel sluggish, drained, and sick. Aim to lose one to two pounds a week so you're losing fat rather than water and muscle.

**Set goals to keep you motivated.** Short term goals, like wanting to fit into a bikini for the summer, usually don't work as well as wanting to feel more confident or become healthier for your children's sakes. When temptation strikes, focus on the benefits you'll reap from being healthier.

**Use tools to track your progress.** Smartphone apps, fitness trackers, or simply keeping a journal can help you keep track of the food you eat, the calories you burn, and the weight you lose. Seeing the results in black and white can help you stay motivated.

**Get plenty of sleep.** Lack of sleep stimulates your appetite so you want more food than normal; at the same time, it stops you feeling satisfied, making you want to keep eating.

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**VRM NJ** | VITREOUS RETINA MACULA  
SPECIALISTS OF  
NEW JERSEY

### Millburn

306 Main Street, 2nd Floor  
Millburn, NJ 07041

**P** (973) 467-2020

**F** (973) 467-2030

### Somerset

1543 Route 27, Suite 12  
Somerset, NJ 08873

**P** (732) 839-0516

**F** (732) 253-5259

**W** [vrmnjretina.com](http://vrmnjretina.com)

**E** [retinamd@vrmnjretina.com](mailto:retinamd@vrmnjretina.com)



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## Healthy Weight Loss and Dieting Tips



## What you can do

1. Learn why there's no "one size fits all" Solution to weight loss
2. Decide what type of diet is right for you
3. Recognize your emotional eating triggers
4. Set goals to stay motivated
5. Start to slowly reduce sugar in your diet
6. Discover creative ways to add more veggies to your diet
7. Learn to eat mindfully

## What's the best diet for healthy weight loss?

Pick up any diet book and it will claim to hold all the answers to successfully losing all the weight you want and keep it off. Some claim the key is to eat less and exercise more, others that low fat is the only way to go, while others prescribe cutting out carbs. So what should you believe?

The truth is there is no "one size fits all" solution to permanent healthy weight loss. What works for one person may not work for you. Since our bodies respond differently to different foods, depending on genetics and other health factors. To find the method of weight loss that's right for you will likely take time and require patience, commitment and some experimentation with different foods and diets.

## "Calories in Calories out" view of weight loss

Some experts believe that successfully managing your weight comes down to a simple equation: if you eat fewer calories than you burn, you lose weight. Sounds easy, right?

1. **Weight loss isn't a linear event over time.** When you cut calories, you may drop weight for the first few weeks, for example, and then something changes. You eat the same number of calories but you lose less weight or no weight at all. That's because when you lose weight you're losing water and lean tissue as well as fat, your metabolism slows, and your body changes in other ways. So in order to continue dropping weight each week, you need to continue cutting calories.
2. **A calorie isn't always a calorie.** Eating 100 calories of high fructose corn syrup, for example, can have a different effect on your body than eating 100 calories of broccoli. The trick for sustained weight loss is to ditch the foods that are packed with calories but don't make you feel full (like candy) and replace them with foods that fill you up without being loaded with calories (like vegetables).
3. **Many of us don't always eat simply to satisfy hunger.** We also turn to food for comfort or to relieve stress which can derail any weight loss efforts before they begin.

## Control Emotional Eating

We don't always eat simply to satisfy hunger. All too often, we turn to food when we're stressed or anxious, which can wreck any diet and pack on pounds. Do you eat when you're worried, bored, or lonely? Do you snack in front of the TV at the end of a stressful day? Recognized your emotional eating. Triggers can make the difference in your weight loss efforts. If you eat when you're:

**Stressed** – find healthier ways to calm yourself. Try yoga, meditation, or soaking in a hot bath.

**Low on energy** – find other mid-afternoon pick-me-ups. Try walking around the block, listening to energizing music, or taking a short nap.

**Lonely or bored** – reach out to others instead of reaching for the refrigerator. Call a friend who makes you laugh, take your dog for a walk, or go to the library, mall, or park anywhere there's people.

