



# Weight Loss Tips

Ten simple tips to start your weight loss efforts

1. Don't wait for a good time. Any time is good and the sooner the better.
2. Partner with a like minded buddy and motivate each other. Don't play on guilt, it makes us feel worse. Instead accept that we all make mistakes and get back on track
3. Try to eat only what you cook. This way, you control the ingredients and the cooking process. The entire family benefits from this.
4. If you have to eat out, make sure to know the calorie content and the amount of fat, salt and sugar/ carbohydrates in the food. Restaurants often have their menus online and you can decide on your meal before you go. Also, you can ask them to pack 1/2 to 2/3 of your meal before it comes to the table.
5. Have simple goals and try to achieve them. Examples include try to walk/ exercise 30-45 minutes 3-4 times a week. You will lose weight with being active all day. This may be a better substitute for some people than scheduled exercise.
6. Drink adequate amount of water. It helps with weight loss in that it keeps the muscles that burn calories well hydrated. Substitute water for all the liquid drinks you consume. It has no calories!
7. Write down what you eat. This keeps you aware of your caloric intake. If you are really savvy, learn to weight all your food. A dietician at Kaiser may be able to help.
8. Restrict your TV watching to an hour a day. If you 'need' to watch more, you should be on some exercise equipment!
9. Investing in stress management, time management and treatment of anxiety and depression will aid your weight loss efforts. We eat when we are stressed, bored, and anxious. Food is only fuel. Treat it as such.
10. Make your health your priority. Weight loss is only one part of the whole equation. You need to feel that you are worth your time and effort.

Now go out there and take on the challenge...