



## Weight Management Class

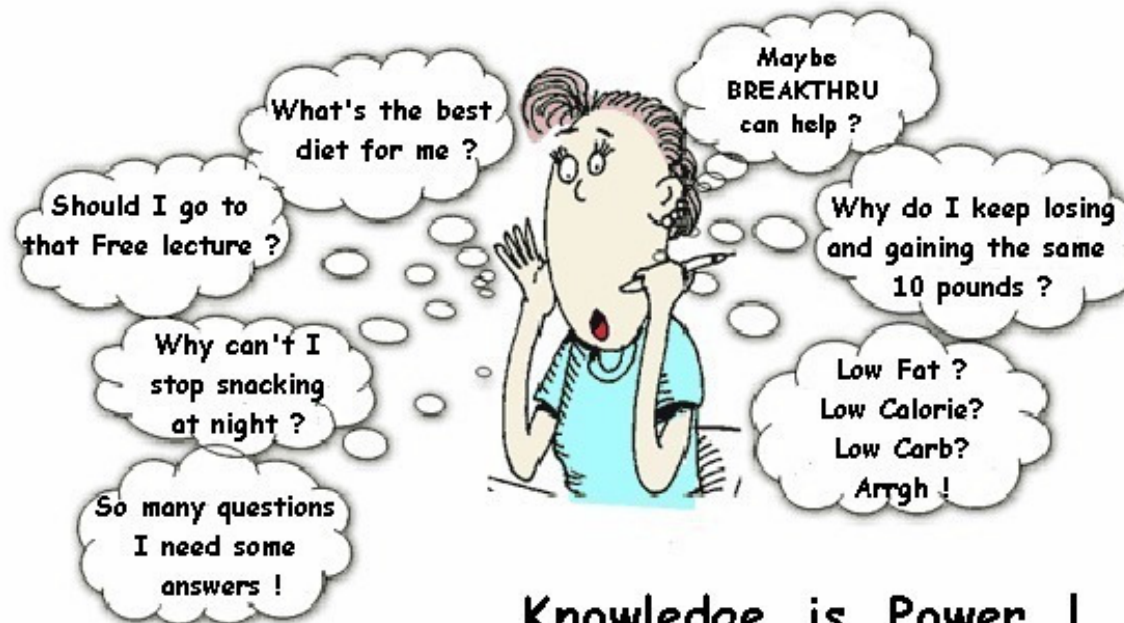
It is not just about dieting  
It's about being Food Smart  
and Life Smart

# Weight Loss Mistakes

---

- Setting unrealistic goals: Most studies suggest that a reasonable goal is to try losing 10 percent of your current body weight, then try to maintain that loss before trying to lose more.
- Losing weight too fast: The general rule is the faster you lose, the faster you'll gain it back.
- Getting frustrated: The rule of thumb is that during the first three weeks, you're going to lose a higher rate of weight and then it's going to slow down. That's normal.
- Obsessing about the scale: It's a big mistake to only use the scale - it's more important to consider how you're feeling and how your clothes are fitting.

# There are a lot of experts out there !



**Knowledge is Power !**

**Find the answers to your  
weight management questions**



# What is the best way to start ?

---

- **Take things gradually. Trying to change too much at once can be overwhelming and may lessen your chances at success. Pick a couple of things to change, then work towards additional changes gradually. Make a step-by-step plan, perhaps even on a calendar.**
- **Some people find it helpful to keep track of their diet, setting goals and working toward achievement. You can create a "campaign-like" feeling as you achieve your milestones. Reward yourself as you reach these milestones. Keeping a record of your meals, snacks, etc. helps to follow your progress.**
- **Find ways to incorporate foods you like and eat out in a healthy way.**
- **One of the reasons some people give up their diet is lack of support and encouragement. Many people find it helpful to begin a diet with someone else. This can make it feel more like fun, and less like punishment.**

# You don't have to be overwhelmed



**“Today I ate two bowls of dog food, a sandwich crust, some spaghetti that fell on the floor, half of your cat food, a wet tea bag, three bugs and the inside of a sneaker. How many grams of fat is that?”**

# There is no one Magic Diet that will work for Everyone

- Weight control is not about Willpower  
It is about having good strategies to stay in control of your eating behavior
- Diets are just a list of foods to eat or not eat
- They ignore critical issues –
  - How to stay motivated
  - How to bounce back from a slip
  - How to avoid cravings and feelings of deprivation
  - How to change your thinking about food

# Learn how to always be prepared for any food situation



# Reduced-fat Trap

- Calories add up whether they come from fat or carbohydrates... eating fat-free or reduced-fat foods will only help you lose weight if you limit the amount you eat.
- So don't go eating twice as many cookies as you normally would just because they're labeled fat-free. If you do, you could actually increase your caloric intake, and may as well have eaten the real thing.

## **Five Bad Habits that Contribute to Overeating**

- Grazing instead of eating meals
- Skipping meals
- Supersizing portions
- Drinking soda or juice with meals
- Failing to plan ahead