

Losing Weight

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Most people find it difficult to lose weight, but once they have found their stride and have reached their ultimate goal, they face the major challenge of keeping it off.

Dealing with weight loss involves adapting to a new lifestyle. Changing your routine for life and developing healthy life-long habits will help maintain your goals. If you, like so many people, are challenged with self-control and commitment issues, planning can help.

It is important that you are continually planning, and learning to be flexible when plans do not go as you hoped. Coping with every day obstacles will guard against relapse.

Choose a lifestyle with which you feel comfortable - do not stress about it. Have a Plan A and B. (Giving up is not one of those options!) Anticipate what's to come: holidays, vacations, weather, etc. Have a back up plan when unexpected situations arise. For instance: If you are invited to a party, where you know you will be tempted with hors d'oeuvres, eat something before attending the party. Then, find a suitable low calorie beverage and sip it, keeping your hands occupied and off the party trays. Situations do arise.

Try to anticipate your good and bad days. Be flexible with changes. Rearrange your eating habits for special occasions. When colleagues ask to go to dinner, eat what fits into your plan. You can make special requests of your server. Ask for "no butter" when cooking your meal, or broiled fish instead of fried. Fill up on salad, and try not to allow yourself to fall off your eating plan "just this once."

Don't put off appointments with your nutritionist, doctor, weight loss counselor or personal trainer, especially if you feel you have gained back some weight. Waiting too long can cause you to fall backwards. If you don't meet your plans, don't give up. You are not failing; you're just learning to cope. If you do feel you have "fallen off the wagon" of healthy eating – get back on as soon as possible. Don't tell yourself that "today is ruined" because you ate badly. Finish the day with healthy eating according to your Plan.

Keep a good attitude and outlook about yourself. Most people use eating to cope with stress. Don't let your setbacks make you feel guilty. All these bad feelings can make it difficult to stick to your plan. Surround yourself in a happy and healthy environment. – and don't forget to exercise!!

The above is intended as general information only. Be sure to contact your physician for advice or your own specific medical problems. Have a question? Write to Questions from the Field, Gananda-Walworth Physical Therapy and Village Fitness, 1218 Mayberry Place, Macedon, NY 14502, or send e-mail to gwpt@rochester.rr.com.