

5 First Steps Toward Losing Weight for Life

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Don't change anything but the size

At first, don't change what you're eating—just change how much of it you eat. Don't rely on a restaurant to suggest what you should be eating in a sitting. Eat slowly and stop when you're not yet full. In a week or two, your stomach will shrink to fit the amount of food you're eating. Eat when you're hungry, but if you're not hungry enough to eat an apple—you're probably not hungry enough to eat. Step back and really think about what's going on if this is the case.

Alter the balance of your plate

Once you've changed the amount of food you eat, start altering the balance of what's on your plate. Vegetables (true vegetables in a rainbow of colors—not just salad greens) should comprise at least half of your meal and animal protein should be 25% or less.

Upgrade the ingredients

Now let's start eating healthier foods. Start by removing anything that has ingredients your great-grandmother wouldn't recognize. Chances are, your body won't recognize it, either. The next step would be to try moving towards foods with five ingredients or less, then on to foods without a label (fresh, whole foods). Once you get to that point, focus on reducing the pesticide load (see www.ewg.org's Shopper's Guide for the Dirty Dozen foods that you should always buy organic to make the greatest impact on your pesticide load).

Just move a little bit

At the end of the day, it would appear that a simple 20-30 minute walk daily has the greatest impact to health—and it doesn't have to be all at one time. So those walks from the back of the parking lot and those hikes up a flight of stairs—they all count. But do make sure you're getting 20-30 minutes of brisk movement each day.

Crowd out bad beverages

Start trying to wean yourself off of sugar, sugar-substitute and/or caffeinated beverages. Start your day with a glass of water first thing in the morning to help energy levels. When you're tired and looking for coffee or tea, drink a glass of water and give it 15 minutes to kick in to see if it does the trick. Alternate between water and your other beverages—until you make the switch over to pure water.

These are just suggestions to help you get to the heart of your health and wellness challenges. If your issue is resolved using these tips... GREAT! Sometimes, the picture is more complicated. If you need additional assistance, let's talk.