

CARE PLUS SOLUTIONS

Get Healthy: Say “NO” to Diets

We, as a society, are always trying to lose weight. We play the dieting game, often getting nowhere. The truth is, diets are temporary, as is the weight loss they may generate. We must eat to live it so makes sense to find a way of eating that we can live with. If you want long-term results, begin by taking the word “diet” out of your vocabulary.



Also, no matter what we eat, losing weight requires us to burn more calories than we take in. Simply maintaining our weight requires a balance between calories taken in and calories burned. Sound too hard? Here are some easy and fairly painless first steps you can take that will make you feel better and get you started on the path toward making more long-term changes:

1. If eating less is difficult, try drinking a protein drink or eating an apple, banana or other dense fruit within a half-hour of a meal. You will feel full quicker, minimizing the chance of over-eating. Most protein drinks don't need refrigeration and can be carried with you to help curb your appetite.
2. Begin to cut down on drinks that are high in sugar. If you cannot eliminate all sugared drinks from your diet, progressively cut down on the number you drink each day by substituting one or two a day with a no-calorie or lower-calorie drink until you are drinking more of them and less of the sugared variety.
3. Don't shop for groceries while hungry. People tend to buy more quick snacks and sweets when they are hungry.
4. It is best not to eat anything after dinner but if you crave something sweet switch from ice-cream to ice pops or frozen yogurt and cut your portion in half.
5. Any exercise will do. Regardless of your athletic ability, find exercises you can do. If you're a couch potato, use the time during TV commercials to clap non-stop, do arm circles, jumping jacks or leg lifts. Or, walk 20 minutes after dinner and work your way up to 30 minutes.
6. Use “100 calorie” bread slices for sandwiches. If bread is served with a meal, eat the meal first and bread last.
7. Don't give up foods you like. If you enjoy eating pizza, eat a salad first and one less slice of pizza. Or, substitute soup, salad or veggies for french fries with that burger. You get the idea.
8. Use programs like the “myfitnesspal.com” a free online Calorie Counter and Diet Tracker that can track the number calories you consume and expend doing everything from walking the dog to running. Such programs can help make you more aware of your intake and motivate you to stay on track.
9. Don't focus on what you can't do. Identify what you can do.....then do it. Small steps are better than none at all. Even two steps forward and one step backward will eventually take you where you want to go!

Weight loss should be about your health, not your looks. We come in different shapes and sizes with different genetics and metabolisms. Don't hang your self-esteem on the number on the scale. Strive to maximize the quality of your life now and over the long-term by adapting as healthy a lifestyle as you can. It takes time and a sensible approach.

Success never comes over night and neither does developing healthy habits.

If you have any questions
regarding this article,
please contact Care Plus
Solutions at 800-765-8263.

800-765-8263
www.careplussolutions.com
rbaldino@careplussolutions.com

CARE PLUS

SOLUTIONS, INC.