

ACHIEVING WEIGHT LOSS FOR HEALTH IN 2016

Reach Your Weight Loss Goals In The New Year

Plan of Action for a Healthier Lifestyle

Being overweight or obese can have a serious impact on health. Carrying extra fat leads to serious health consequences such as cardiovascular disease, type 2 diabetes, musculoskeletal disorders like osteoarthritis, and some cancers.

In addition to health, there are many reasons why the beginning of a new year is the most popular time for setting weight loss goals. Weight loss is ranked as the number one New Year's resolution among Americans. Considering that many American's resolve to lose weight in the New Year and 78.6 million are obese, less than one third are successful at achieving their goals. Losing weight not only takes commitment, but also a plan of action. Here is a step by step guide on getting started.

01| Make a commitment

Making any lifestyle changes can be challenging. The first step is to simply make a commitment which could include the amount of weight you want to lose, the date by which you want to lose the weight, dietary changes you can make to establish better eating habits and a plan on how you can be more physically active.

02| Take stock of where you are

Speak to your health care provider about evaluating your overall health. He or she can identify any weight related factors or health conditions. You and your health care provider can also establish a starting point and he or she can help you to determine a healthy weight for you.

03| Set realistic goals

Setting realistic goals is key to keeping you focused and motivated. Setting unrealistic goals can be discouraging and is also one of the main reasons why many American's cease their weight loss efforts. Remember that small achievements lead to big results.

When setting your goals keep in mind that realistic goals are achievable, specific, measurable and flexible.

04| Be accountable

Willpower alone is not enough to keep you on track, being accountable is imperative when setting weight loss goals. There are many ways to be accountable for your weight loss including:

- Have an accountability partner who will coach you and hold you accountable to your commitment and weight loss goals.
- Set goals with your healthcare provider and schedule follow up appointments to discuss progress and challenges.
- Use a food diary to track all meals and snacks. Utilize apps or simply use a notebook to keep track of everything you eat a daily basis.

For more resources on setting and achieving your weight loss goals, please visit:

http://www.cdc.gov/healthyweight/losing_weight/index.html

Did You Know?

45% of Americans set a New Year's Resolution

References

<http://www.statisticbrain.com/new-years-resolution-statistics/>

http://www.cdc.gov/healthyweight/losing_weight/getting_started

http://www.eatingwell.com/nutrition_health/weight_loss_diet_plans/the_eatingwell_diet/7_steps_to_permanent_weight_loss