

# Strategies for Success

## Do you want to lose weight or control the creep?

According to the latest numbers from the Centers for Disease Control and Prevention, obesity in America may finally be slowing down. Although more than one in three adults and 17 percent of youth in the U.S. are obese, the numbers have remained stable over the past 10 years.

Maybe some of the lessons we've learned about weight control are taking hold—for example, you might need different tactics to keep weight off once you've lost it. As Dr. Christopher Sciamanna from Penn State College of Medicine puts it, "It seems . . . similar to love and marriage. What gets you to the altar is likely to be quite different than what keeps you married in the long-term."

Below are strategies that have been shown to be helpful for either weight loss or weight maintenance (so you won't gain it back).

Strategies for Weight Loss	Strategies for Weight Maintenance
1. <b>Downsize your dinnerware.</b> The larger your plate, the more you put on it. Smaller plates = less food. To lose weight, worry less about <i>what</i> you eat and focus on <i>how much</i> you eat.	1. <b>Eat breakfast daily.</b> "Breakfast like a king, lunch like a prince, and sup like a pauper" goes the old saying. Frontloading calories early in the day makes it easier to resist urges to snack.
2. <b>Eat diets with limited variety.</b> Eating a large variety of food leads to overeating. Keep it simple.	2. <b>Be active!</b> Those successful at keeping weight off get 60 minutes of physical activity on most days of the week.
3. <b>Get plenty of sleep.</b> Lack of sleep disrupts the hormones that regulate your appetite.	3. <b>Limit screen time.</b> Too much sitting, especially in front of the TV, leads to extra eating and fewer calories burned. Keep it to less than 10 hours a week.
4. <b>Eat at least every 4–5 hours.</b> Skipping meals destroys your willpower and encourages binge eating.	4. <b>Be consistent in eating.</b> Make weekday eating similar to weekend (and vacation!) eating.
5. <b>Consider high-intensity interval training.</b> Regular physical activity is key to any weight loss effort. If your health care provider approves it, adding a high intensity workout to your routine may help.	5. <b>Monitor weight regularly.</b> Weigh yourself regularly and have a specific weight at which you resume weight loss strategies to get your weight back down.

Better yet, prevent the extra pounds from piling on in the first place! Below are additional suggestions that help *prevent* excess weight, and are especially important for children to learn early in life.

### Strategies for Healthy Weights

1. **Limit the availability of unhealthy foods.** If you don't have it in the house, no one can eat it.
2. **Ensure adequate sleep.** See the table above. Make and enforce bedtimes for your children.
3. **Be mindful of your eating.** Many of our calories come in through mindless eating while we're doing something else (for example, watching TV, reading the paper). When you eat, make it your sole activity.
4. **Limit portion sizes.** Even if we eat healthy foods, too much is too much. Check out <http://www.webmd.com/diet/printable/wallet-portion-control-size-guide> for "normal" portion sizes.
5. **Make more food at home.** Eating out usually means eating too much. Try to cut back on the number of meals prepared or eaten outside of the home.