

HOW TO LOSE WEIGHT

Every year, many people set the goal of losing weight. Here are seven tips that focus on small, actionable things you can start doing today to help you finally lose the weight for good.

Make Small Changes

When someone wants to lose weight, the first thing they typically think of is dieting. However, most diets fail...why? They are based on deprivation; often take the joy out of eating. Mentally a diet is seen as a "temporary" fix, eventually leading to abandoning the diet and falling back to old patterns and habits. Thereby bringing them right back to where they started. Instead of going on a diet, consider taking the journey toward a healthier lifestyle one step, one bite at a time... focus on small changes! Ask yourself, "what is one thing I can commit to right now that I feel confident I could do forever?"

If you drink soda every day, try limiting yourself to drinking soda every other day.

If you tend to snack after dinner, start a new habit of brushing your teeth right after eating dinner.

If you eat a lot of candy, aim to eat 2-3 servings of fresh fruit every day rather than cutting out all sweets.

Do Something Different

Have you tried to undertake a new workout program in the past, but you hated it? Maybe you signed up for a 5k for motivation to lose weight. But what if you hate running? There are many ways to "exercise," and they all simply reduce to various forms of movement. What is your favorite way to move? Maybe it's dancing with your partner, or walking your dog, or pick up heavy things and putting them down. Commit to trying out a new form of exercise and maybe you'll find a new hobby while you're at it!

Focus on Gaining Strength

Instead of thinking about losing a bunch of weight right off the bat, think about gaining strength first. This is a more sustainable, effective long-term approach. By becoming stronger, you will build muscle and reduce joint pain, thereby making fat loss come easier down the road. Moreover, muscle is more metabolically active than fat, meaning it requires more calories to sustain than fat. Therefore, by building muscle, you can increase the calories your body burns at rest and also increase all your general activities. The stronger you feel the more you want to try and do during the day.

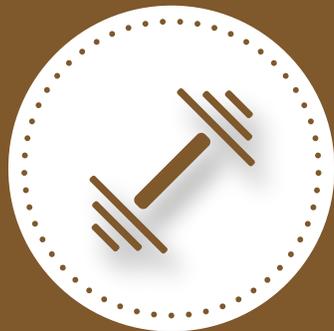
Practice Mindfulness

When we eat mindlessly, we tend to overeat. By being more mindful about your eating habits, you will be more aware of what you're putting into your body and learn to understand your body's internal hunger cues. Here are a few tips to practice mindful eating...

Chew each bite of food at least 20 times before swallowing. Chewing is the first step in digestion, so fully breaking down your food before swallowing will lead to better digestion and help you feel better. Chewing 20+ times will also slow you down so you can better gauge your body's internal cues and ultimately when you are feeling satisfied.

Try not to eat in front of a screen. It's easy to mindlessly overeat if you're shoving food into your mouth while scrolling through your phone or watching a TV show.

Eat with others. Not only does this allow you to share and get some healthy connection, but you also slow down and can enjoy the food and conversation more, and we take our cues from our dinner partner, not over- or under-eating out of emotion.



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Walk More

Walking is one of the easiest ways to burn extra calories. Humans are made to move – it's important to find extra ways to move in our daily lives, especially if you work at a desk all day.

Park far away at the grocery store.

Go for a short walk after every meal.

Take the stairs.

Track your steps – aim for 8,000 per day.

Avoid Heavily Processed Foods

Before even thinking about cutting calories or tracking your food intake, just aim to cut out processed foods. Processed foods are specifically engineered to make you crave more and more, which makes it easy to overeat. This is especially true for sugary foods like candy, sugary cereals, and soda. If you don't feel that you can cut out all processed foods in the beginning, simply create a barrier between yourself and your "impulse foods." Do you really love potato chips? Okay, that's fine, you can have them occasionally, but don't buy a large bag of them to be kept in your house. Instead, when you really want them, drive to the store, and buy a single serving.

Track Your Food

This is the last tip for a reason – it is important to focus on behaviors and building sustainable, healthy habits first! However, there are many benefits of tracking your food. It helps you truly understand what you're eating and the makeup of different kinds of foods. It helps you learn about the fundamental macronutrients – protein, carbohydrates, and fat. Ultimately, it puts into action the core principle of "energy in vs. energy out." If you're eating less than what your body requires to maintain its current weight, you will lose weight!

How You Can Use the InBody Scanner as a Tool to Lose Weight

The InBody Scanner is a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water. The InBody Scanner provides you a way to track your body's progress over time. As noted above, it may be a wiser approach to focus on gaining strength first rather than solely focusing on fat loss. By building muscle, the InBody Scanner will show your decreases in body fat and your increase in muscle mass and where in your body those transformations happened. The printout gives you a detailed breakdown of the segments of your body – right arm, left arm, right leg, left leg, and trunk; helping you understand where your strengths and weaknesses are and, ultimately, the uniqueness of the way your body functions. This helps you build an effective workout program tailored to your individual needs.