Healthy Weight Loss at any Age

At some point in our lives we will all take a look in the mirror and see more pounds than we care to. Perhaps we don't fit into our favorite clothes anymore or our doctor is telling us we're at an increased risk of disease. When aiming to lose weight, it's important to realize that your primary goal should be to improve your overall health. If you can keep this at the forefront of your mind, weight loss can become automatic and permanent. So how does one go about "being healthier", while still meeting their weight loss goal? Let's start by discussing basic dietary tips and also turn a weight loss myth on its head.

When it comes to diet, focusing on low glycemic foods is one of the most important steps. This doesn't mean you need to live on bran wafers, but rather, focus on delicious whole foods! Avoid processed foods with hidden weight-gaining sugar and starches. So shift from the common prepackaged, carbohydrate focused diet and spend more time in the produce section!

One of the big myths of weight loss is the need to avoid dietary fat. While it's true that an excess of anything will lead to problems, the idea that dietary fat is the enemy is ridiculous. In fact, I believe our fear of fat is actually contributing to a decline in health and an increase in weight gain. Dietary fats have real benefits; supporting skin, hormone and brain health, as well as being a dense source of energy. Fats can help you feel full longer and support energy levels without directly contributing to high blood sugar. They'll also help you balance your intake of carbohydrates and protein. So eat your fats! Just remember, like anything else, moderation and balance is the key.

In addition to a balanced diet, here are some quick tips for a dietary improvements:

Eat mindfully –In our food-filled world, this is perhaps the most basic, yet difficult thing to master. Eating mindfully means slowing down, paying attention to what you're eating and stopping *before* you feel completely full.

Be consistent –Prevent poor choices by not letting yourself get to the desperately hungry mindset of "calories now!" Come up with on a basic routine that works for you and stick with it. Commit to regular meal times as much as possible and do likewise with an exercise schedule –even just 10 minutes a day.

More whole foods –Making the "whole food choice" goes far beyond a temporary nutritional boost, as what you eat for breakfast can affect your eating habits throughout the day. Two key elements of whole foods are their fiber content and a lack of added sugars/refined starches.

Make it easy –Stock up on those healthy whole food snacks and keep them more accessible than the unhealthy alternatives. If a healthy snack is the closest thing available to you, you're much more likely to choose it!

Remember, our main goal is to improve your overall health. If you use extreme tactics to drop a few quick pounds, you're not only likely to gain them back later, but may end up doing more harm than good. So set realistic goals and aim for the slow and steady approach. If losing weight is important to you, commit today and you can improve your health and your waistline!

By Tyler Giles of HealthWay Center

For personalized, old-fashioned service with modern supplement expertise, HealthWay Nutrition Center welcomes your questions! Call us at 541-772-8659 or stop by 845 Medford Center, located within the Medford Center, near the corner of Biddle and Stevens St.