

## A Resolution to a New You

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Each January, nearly 1 in 3 Americans make resolutions to better themselves in some way. While 75% of people stick to their goals for at least a week, only 46% are still on target six months later. The ability to stay on track with your weight loss resolution isn't due to lack of willpower, but rather a lack of preparation. According to Brian Quebbemann, president of The N.E.W. Program, a California-based bariatric and metabolic weight-loss center, the single most important thing for people to do if they want to succeed at weight loss is to be prepared.

### Tips for Preparing to Lose Weight for the Long Term

1. **Raid the kitchen:** Get rid of the unhealthy foods you have in your house. Foods like cookies and chips that contain high calories, added sugars, and saturated or trans fats.
2. **Fill your fruit bowl:** Fill your fruit bowl with healthy snacks like apples, pears, and bananas.
3. **Schedule your exercise:** Look at your schedule for the week and determine the best time to work out, then put it in your calendar. Pack your gym bag, set it by the door or in your car to prevent you from having an excuse to not work out.
4. **Plan your food splurges:** Regular scheduled splurges can help you from feeling deprived and make healthy eating more doable over the long term.
5. **Plan and prepare your meals:** Meal prep is pinnacle of weight loss planning. Write down all the meals you are going to cook for the week, head to the store, and stock up on ingredients. You can even take it a step further by preparing your meals for the week.
6. **Get your sleep:** A Mayo Clinic study determined that people ate an average of 549 extra calories when they missed out on a mere 80 minutes of sleep the night before.
7. **Store protein rich snacks:** Protein rich snacks stick around longer in your stomach, keep you feeling fuller longer, and can keep you from nibbling on unhealthy snacks. Protein rich snacks include nuts, turkey jerky, cheese, Greek yogurt, and hard boiled eggs.
8. **Buy smaller plates:** A Cornell University study found that people using larger plates ate 45% more food than those who used smaller plates.
9. **Buy a refillable water bottle:** Staying hydrated is vital to keeping your body functioning properly and can prevent many of the hallmarks of hunger such as fatigue, stomach growls, and moodiness. Staying hydrated can prevent you from reaching for that second helping when your body really wants a glass of water and not a second helping.
10. **Start a food journal:** Research completed by the American Journal of Preventative Medicine found that when dieters kept record of their daily food intake, they lose twice as much weight as dieters who didn't track their food intake. You would be surprised how many snacks go unnoticed when you don't write them down.

