

## Strategies to Lose Weight

### Diet

- Diet is the most important part of losing weight and keeping it off. Make your goals reasonable, and something you can live with long term. If it's a diet you struggle to follow, you won't maintain it enough to keep the weight off.
- Substitute several weekly meals with a salad. You'll be surprised how many calories this will save you, even if just 3-4 salads per week. Try to use light dressing, and nothing creamy.
- Vegetables are your friend. A pound of green beans only has about 125 calories. A pound of ice cream is more like 1500.
- Celery is a great snack if you can tolerate the taste. The fiber content actually costs energy to digest (=negative calories for eating!).
- Try to limit sweets to small amounts (less than 200 calories/day, preferably less than 100).
- Limits fast food/fried food to one serving/meal per week.
- Keep a food diary, tracking when you eat, how much, and how many calories. It adds up faster than you think.
- Substitute foods you like for lighter versions that you also like. Turkey sausage instead of beef. Chicken instead of pork. Frozen yogurt instead of ice cream. Skim milk, etc.
- Chicken and fish are lean meats that will improve your cholesterol profile. Their consumption goes well with weight training/muscle building.
- Watch the energy content of foods. Just because it's fat free doesn't mean it's lesser in calories than the "fat" equivalent.

### Exercise

- Weight training increases muscle mass and so increases basal metabolic rate.
- Cardiovascular exercise is very good for bodily health. However, it does not burn sufficient calories to rely on exercise alone to lose weight.
- Changing your workout routine every 4 weeks or so will prevent your body from adapting to your workouts and becoming more energy efficient. You will use more calories this way.
- Find an activity that you enjoy, be it swimming, biking, etc.
- Walking with one's spouse for 1 hour a day will improve cardiovascular fitness and provide time together. This is not a substitute for more vigorous activity unless you cannot tolerate more vigorous exercise.