

HEALTHFUL TIPS

15 Small Details to Reach Big Goals

It's often the small, usually-overlooked details of day-to-day behaviors that can make a big difference in your ability to reach and maintain a healthy weight. You're in it for the long haul, so make the most of it!

ONE You're prepared ahead for the day's food and beverage needs. Not leaving healthy food options to happenstance, you take control of the foods and drinks that you have available throughout the day.

TWO You carefully log food intake and exercise, knowing that a log will keep you mindful of what you eat and the amount that you actually do exercise. You track calories, protein, fat, fluid, and some measure of exercise (steps, minutes, classes, etc).

THREE Realizing this is a life-long journey, you keep the passion and effort that you first had after surgery. You make sure to keep your health as a top priority—no matter what else happens in life.

FOUR You make sleep a priority. Study after study associates shorter sleep periods with a higher BMI and larger waist due to an increase in the hunger hormone ghrelin.

FIVE You choose foods and beverages that allow you to reach your protein goal. At first, protein drinks will provide most of your protein. Then you will transition to food sources of protein. Protein provides satiety and helps you retain muscle.

SIX You never or very rarely choose foods or beverages with more than 2 grams of added sugar. Added sugar can increase hunger and lead you to crave more sugary treats. Instead you find no-added-sugar substitutes for your favorite sugary foods.

SEVEN You keep portions in check by spot checking them, using small plates and bowls and tracking food intake. You keep each meal size to $\frac{1}{4}$ cup – 1 cup.



EIGHT You weigh yourself regularly and have a top number that will cause you to pause and evaluate what you are doing differently. You do not allow your weight to creep back up.

NINE Exercise is a daily habit. It may change from season to season, but moving more is a top priority. Pushing yourself to reach new fitness goals is a part of your new life.

TEN Learning new stress management techniques and skills for coping with stressful situations is an ongoing process for you. Stress hormones slow metabolism and increase cravings for fatty and sugary foods.

ELEVEN You've learned to celebrate without food. Your birthday celebration is a trip to the spa or a day spent fishing—not a hunk of cake and frosting.

TWELVE You strictly limit or avoid alcohol, its calories, and its tendency to encourage overeating.

THIRTEEN You limit processed foods and try to eat as many freshly prepared foods as possible. Processed foods are designed to be hyper-palatable, encouraging over-consumption.

FOURTEEN You stay hydrated with calorie-free beverages between meals. Often thirst is confused with hunger and maintaining hydration helps your body to function better.

FIFTEEN You eat six small, protein-rich meals throughout the day, keeping your metabolism in high gear. You do not snack or graze between meals.