



Westside Primary Care Associates

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Helpful Tips for Losing Weight and Maintaining It

Eating Tips

- **Portion Control:** Start with small portions on your plate.
- Drink a glass of water before eating your meal and take sips of water between bites.
- Listen to your brain's message og "I am full." Put your plate away and wait at least 15 minutes, often, the urge to eat more will subside.
- Minimize intake of sugary drinks such as fruit juices, soda, coffee with creamers and syrups.
- Limit alcohol consumption. Alcoholic beverages are typically high in sugars and slow the body's metabolism, causing weight gain and making it harder to lose weight.
- Prepare meals ahead of time. We understand this is time consuming! Meal preparation helps you resist temptations of eating fast food or high calorie snacks that you may have. Try to pick one or two days a week that you are going to either write down what you are going to prepare for the next day or to even pre-cook meals.
- Look for Mediterranean diet recipes, as they often emphasize fruits, vegetables, grains, nuts and seeds (in moderation).
- Be aware of calorie dense foods and keep these portions down. These foods may include nuts and seeds, fried foods, cheeses, desserts.
- Avoid processed foods such as deli meat, flour, pasta, frozen meals. These often are high in sodium.
- Limit high fat sauces such as gravy, sour cream, cheese or cream sauces, and heavy dressings. A good substitute for sour cream may be non-fat plain Greek yogurt.
- Put salad dressings on the side versus saturating the salad. Use your fork to dip in the dressing instead.

Exercise Tips

- Exercise is ESSENTIAL to weight loss and maintenance. Not only this, it promotes a healthy heart and lessens your risk of cardiovascular disease.
- Moderate-intensity exercise is recommended. This is exercise that causes your hert rate to be elevated, you may be breathing heavier, and you should be sweating.
- Examples of moderate-intensity exercise are: jogging, walking briskly, walking on an incline (such as hiking or on a treadmill), riding a bike, swimming, using the elliptical or stair master.
- Fitness classes are great options if available. They are typically times somewhere between 30-60 minutes. Instructors are great at motivating you to push yourself and provide support on proper and safe forms. (some advantage plans have gym memberships at a reduced rate.)
- Make it fun! Don't make it a job. Find something that you have SOME enjoyment in.
- Find a friend that has similar goals. This sometimes can help keep you accountable.
- Put it in your calendar! Don't tell yourself, "I am going to work out tomorrow," as often other priorities can make their way in front of this one. Put it on your calendar so that you allot the time for it.
- Understand that exercise is not only amazing for the body, but also for the mind. It can significantly help reduce and better control depression and anxiety.
- If feasible, park farther away from your destination so that you have to walk.
- Take the stairs instead of the elevator or escalator.
- Go for a short, brisk walk on your breaks at work.



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Common Obstacles

- ***"I have back/hip/knees/foot pain."*** Try exercises that are non-weight bearing such as biking, swimming, elliptical, chair exercises. Have a good stretching regimen every day to loosen the muscles surrounding these vulnerable joints, which will prevent further injury. Talk to us about physical therapy if appropriate.
- ***"I am too busy."*** We HAVE to make time. Again, exercise is essential in maintaining core strength to prevent injuries and maintaining weight. Make exercise a priority. PEN it on your schedule, don't PENCIL it.
- ***"I walk a lot at work."*** Our bodies become accustomed to what we do at work. Most of the time, we are not achieving that "cardiovascular exercise," meaning we are likely not getting our heart rates up for a consistent amount of time. Even if you are active in the workplace, it is still important to exercise outside of work.