

Weight Loss and Maintenance

Does your lifestyle goal include dropping a few pounds? Keep in mind these three EASY tips for healthy and sustainable success!

- **Calories Count!** Although today's trend might be carb counting, fat monitoring, or protein portioning, we must also mind our caloric intake. Eating more calories than we expend in a day will not assist in weight loss, but only lead to weight gain. The key is to find negative energy balance, either with balanced nutrition for YOUR body type or increased activity levels.
- **Stop Skipping Meals.** By eating consistently throughout the day, you can stabilize your blood sugar levels and boost your metabolism. This tip alone can prevent overeating during the day, and increase energy levels.
- **Balance is Key.** A balance of protein, carbohydrates and fat is essential to meet your weight goals. All three are essential for their own reasons, but they also provide energy for our muscles, repair tissues and organs, as well as add satiety value to our meals. This means you feel full while getting all your nutrients at the same time!

Remember that weight gain did not happen over night! Keep consistent and set long-term goals for a lifetime of success.

Yours in Health and Wellness,
Lindy Kennedy, RD