

April Wellness:

Weight Loss Strategies for a Healthy Start to Spring



As the weather gets warmer, and fresh fruits and vegetables begin to fill the community farmers market, focus may turn towards health, vitality and weight loss. Spring is a great time to take a good look at weight loss for health. Lifestyle changes such as being physically active and eating healthier can assist in the goal of weight loss. *Note that not all individuals need to lose weight; however, for those who have been told by their healthcare provider that weight loss would increase their overall health, here are some safe, effective weight loss strategies from the Mayo Clinic.*

1) “Make Sure You Are Ready”

Reflect and give yourself honest answers to questions around your readiness to make changes. Question examples are: “Am I willing to change my eating habits?” and “Am I too distracted by other pressures?” (Click on the link below to view additional questions.)

2) “Find Your Inner Drive”

Creating a personalized list of reasons why you would like to lose weight can help you stay focused and motivated to stick with a plan. Suggestions such as finding a support group or person, tracking your diet and exercise, and reviewing your progress can help to keep you motivated in your plan for losing weight.

3) “Set Goals You Can Reach”

Talk to your healthcare provider to come up with a safe, reasonable goal for weight loss. Generally speaking, 1 to 2 pounds per week is a good goal. Along with a specific weight goal, an action plan goal can be very helpful. An example of an action plan goal could be aiming for walking 30 minutes per day, or incorporating strength training 2 times per week. *It is important to discuss any physical activity and/or nutritional changes with your healthcare provider.* Each goal should be personalized based on the individual’s current health status, fitness level, medical history and any other medical conditions.

4) “Enjoy Healthy Foods”

Adding plenty of fruits and vegetables is a good plan for healthy eating habits. The general suggestion is to aim for at least 4 servings of vegetables and 3 servings of fruits per day. In addition, choosing whole grains and whole-wheat products (instead of refined grains, such as white bread) contributes to a healthy diet. For additional suggestions, click on the link below.

5) “Get Active, Stay Active”

Being active burns extra calories and helps to maintain weight once it is lost. Recommended amounts of physical activity for adults is 150 minutes of moderate-intensity aerobic exercise per week, 75 minutes of vigorous aerobic exercise per week, or a combination of both. In addition, 2 sessions of strength training per week are recommended. *Again, please be sure to check with your healthcare provider before adding to or changing your exercise routine.*

6) “Change Your Mindset”

Think of your new habits as lifestyle changes. Plan on seeing if you can honestly stick with these changes, and make them routine. If setbacks occur, commit to getting back on track to the road of health and wellness.

To reach the article by the Mayo Clinic, click here: [Weight Loss: 6 Strategies for Success](#)