



How To Maintain Weight Loss

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Losing weight is hard enough. Keeping it off can be even harder. Studies suggest that people who lost weight successfully did so by participating in weight loss programs, cutting back on sugar and carbs, eating healthy snacks, not skipping meals and participating in different types exercise.

Not all techniques that led to initial weight loss were associated with weight maintenance. Continually switching up an exercise regimen helped people lose weight, for instance, but those who kept weight off tended to stick with a consistent exercise program. That may be because experimenting with a variety of workout routines may help people as they're trying to lose weight, but once they've found what works for them, they tend to stick with it for maintenance.

The study noted four strategies that were associated with weight maintenance but not loss:

- Eating a diet rich in low-fat proteins
- Following a consistent exercise program
- Rewarding yourself for dieting and exercising
- Reminding yourself of why you need to keep weight off

The basic underlying principles of weight loss and maintenance are the same, you must eat a healthy diet and increase your exercise. People who lose weight and keep it off tend to eat significantly healthier foods and exercise frequently.

But what may shift between weight-loss and maintenance phases is your mindset, rather than focusing on actively losing weight in the short term, you must start focusing on long-term, permanent lifestyle changes and behaviors, if you want to maintain the weight that's been lost. The key to success is motivation and consistency.



Evie's Eats - Cabbage & Carrot Salad

Ingredients:

- 4 cups finely shredded red/purple cabbage
- 1 carrot, grated or julienned
- Handful of mint or parsley leaves, roughly chopped

Method:

1. Combine salad ingredients in a salad bowl.
2. Combine dressing ingredients in a small bowl, mix well and then pour dressing into the salad. Toss salad and Enjoy!



Quote of the Month - You Never Lose, You Either Win Or You Learn!



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Take control your life, be happy! – rock on!

Till next month... *Evie*