



NEW YEARS RESOLUTIONS

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1. DO NOT START a “diet”. Diets tend to be restricting and often cause people to feel deprived. Feeling deprived will cause a return to foods that caused the weight gain. Try a new goal this year. Goal: Maintain the weight you lose by choosing a healthy lifestyle.
2. DO NOT tell everyone you are trying to lose weight. This announcement can create negative pressure from the outside. You are the only one that can create a positive feeling about choosing a healthy lifestyle.
3. Do not let yourself get hungry. Eat smaller meals throughout the day. Fruit is always a good snack.
4. Do not separate your food choices from other family members. Healthy food choices such as whole grains, legumes, fruits, vegetables, lean protein and dairy are good for everyone.
5. Do Not choose favorite foods or fast foods when dining out. Instead, look at each menu to see what items will help you achieve your goal- Healthy Lifestyle to maintain weight loss.
6. Do Not choose buffets when dining out. Buffets are dangerous and have become more popular. If you choose a buffet, look for the healthy choices, do not go back for seconds.
7. Do Not go out to eat hungry.
8. Work on permanently changing behaviors. If you eat from emotion or boredom, begin to find alternatives to deal with these issues. Food only solves hunger.
9. Keep a food diary. This allows you to be accountable to yourself.
10. Exercise. Try for 30 minutes 5 days per week. This can be done in intervals of 10-15 minutes 2-3 times a day. Exercise is an important habit to develop for a Healthy Lifestyle.

REMEMBER THERE IS NO SUCCESS IN LOSING WEIGHT. THE REAL SUCCESS IS MAINTAINING WHAT YOU LOSE.

Have a Healthy 2011.