

How To: Better Manage Your Weight



Finding a balance between eating for nutrition and pleasure can feel incredibly challenging. By eating what you want, when you want it, you may feel good in the moment but could also be risking low moods and unhealthy side effects. By eliminating all “guilty pleasures” over a long period of time, you may end up feeling too restricted and end up indulging in more than you intended. So how do you strike a balance?

- *Chips, cookies, chocolate:* Whatever your guilty pleasure, don't keep large amounts of them around. Or, pre-measure appropriate portion sizes. Having two cookies is much healthier than diving into the whole bag.
- *Keep track of your eating patterns:* Don't focus too much on changing them right away. Instead, keep track of what you eat, when you eat it, and how you felt before and after. After a few days, you may be able to notice times in which you tend to eat emotionally instead of due to hunger.
- *Enlist support:* Tackling healthy weight management is no easy feat, and it only becomes more difficult if you are in it alone. Community support groups can be very helpful. Or, ask friends and family to help when they can. Swap healthy recipes or take a healthy cooking class together.
- *Set small goals, and reward yourself often:* Try swapping out one unhealthy snack for a more nutritious alternative. Reward yourself when you have success, and then build on that goal. Changing your eating habits too extremely or too quickly can lead to feeling as if you've fallen short of your goal.
- *Motivate yourself:* Write a list of all of the benefits of living a healthy lifestyle. Keep the list nearby to remind you of why you're making the commitment to maintain a healthy weight.



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