



Delaware General
Health District
Dedicated to your health

GET Serious!

REALISTIC New Year's Resolutions to attain a Healthier Weight in 2012

WE KNOW how hard it is to lose weight. We also know how easy it is to make pie-in-the-sky resolutions to be healthy in the new year and then abandon and forget them. Instead of trying – and failing – to reach unattainable goals, consider these approaches to weight loss, suggested by Connie Codispoti M.S., R.D., L.D., Public Health dietitian on the Delaware General Health District staff:

- If you've gained weight, resolve to **first stop the gain**.
- **Resolve to determine a realistic healthier weight** for yourself, not an idealized weight that is too hard to attain and maintain. *Long-term, the people most successful at keeping off weight are those who lose just $\frac{1}{4}$ pound per week, or 1 pound per month!*
- Resolve to **write down what you eat**. *Keeping a food record increases success in reaching and maintaining a healthier weight.*
- Resolve to **bump up your fruit, vegetable and whole grain fiber foods** at each meal. *Foods with more water and fiber content will help fill you up for fewer calories.*
- Resolve to **cut back on high-sugar, high-fat foods** and instead plan leaner smaller meals and eat more often to lessen your hunger.
- Resolve to get in touch with your personal feelings for hunger, fullness and **thirst**. *Millions of people keep eating when they are really thirsty.*
- Resolve to **get support**. *Having a support group or exercise partner yields greater success, especially when we feel like giving up.*
- Resolve to **move, move, move, and move more!** *Don't delude yourself into thinking healthier weights are all about food. Even with healthier eating, to keep weight off, we need 60-90 minutes of exercise every day.*