

Maintaining Weight Lost

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Almost everyone has followed a popular dieting protocol for weight loss, and while there might be success in the short term, the return of the weight is usually inevitable and very frustrating! To see permanent success in our weight loss, we need to make our new dietary guidelines something we can follow forever. Creating a mindset of dietary inclusion and managing our relationship with food is more effective than having a restrictive mindset coupled with a poor relationship with food. This article will give you some specific actions to take to help you lose weight for good without following a restrictive diet.

The initial weight loss achieved through popular modes of dieting is typically due to harsh dietary boundaries and restrictions around what/when to eat. This inevitably leads to a negative relationship with food. These restrictions come in the form of removing/severely limiting entire macronutrients from our diet (such as in low-carbohydrate or entirely ketogenic diets or low fat, high protein diets), removing entire food sources (carnivore and vegan diets), fasting for extended periods with small “eating windows,” or obsessively tracking your calories every day. When a diet creates a restrictive mindset, we begin telling ourselves what we are not allowed to do while dieting, and it quickly becomes the only thing we focus on. Even if we do reach our goal weight under the restrictions, it is unlikely we can stick to those guidelines to maintain that weight loss. If permanence is what we seek in weight loss, we cannot be battling temptation and depending on willpower, upholding strict protocols of macronutrient restrictions or time frames, or weighing and measuring everything that goes in our bodies. We need to find what is effective for us individually, feels natural, and presents the possibility of permanent maintenance.



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Shifting our mindset from restrictive to inclusive is the better option: make your diet work for you by including more health-supporting foods:

1. Incorporate healthier sources of protein in each meal. Replace breaded, fatty, and fried meats with lean protein sources such as poultry, fish, leaner cuts of beef and pork. Beans and legumes are also excellent sources of protein and fiber.
2. Low fat milks, cheeses and yogurts are also great sources of protein. Protein is more satiating than fats or carbohydrates, so consuming your protein before anything else may also lead to less overall calories consumed in each meal.
3. Add more plants to your diet: incorporate your favorite vegetables to each meal and reach for fruit when you feel like snacking. Fruits and vegetables are packed with fiber (which makes you feel full quicker and stay full longer, as well as benefits heart health) and micronutrients which support everything from energy metabolism to hormone signaling.
4. Replace lower quality fat sources with health-supporting fat sources (fat sources rich in mono and polyunsaturated fats, as well as omega-3 fatty acids). Great sources include olive, sesame, avocado, nut and seed oils as well as avocados, seeds, nuts, or seed and nut butters. Fatty fish (such as salmon or mackerel) are fantastic sources of omega-3 fatty acids.
5. Lastly, your weight loss will be sustainable long term if you eat well 85-90% of the time and treat yourself within reason the other 10-15%.

If you need weight loss support, we are here to help! Contact us at 303-816-1426 or visit us at www.onthefitness.com.
