



spotlight on health

Weight-Loss Tips From Diet And Nutrition Experts

(NAPSA)—Weight control is hard work for overweight adults but it can be a whole lot easier with a few tips from the experts.

Everyone approaches weight loss in a different way, but there are a few tried-and-true rules. Here is some advice to help you shed a few pounds:

- **Keep a food diary.** Know what you are eating. It's easy to think you hardly eat anything, but calories add up.

- **Write down manageable goals.** Instead of "I will lose three sizes by summer," try "I will eat a healthy, low-fat breakfast and lunch this week." Half a pound a week can add up to a 12-lb. weight loss in six months.

- **Begin an exercise program—**walk for 10 minutes—even five minutes—if that's all you can tackle right now.

- **Reach out.** You need the support of family and friends.

- **Monitor your environment.** Make it more diet friendly.

"Let's face it—temptation is much easier to resist if it's not around. Managing weight loss successfully is more than managing eating and activity habits; it also includes managing your environment," says Anne Wolf, M.S., R.D., University of Virginia School of Medicine dietitian.

- **If your weight won't budge,** talk to a registered dietitian or local pharmacist. There could be an underlying physical reason for stubborn weight. A registered dietitian or local pharmacist can also give you tips on products to help, such as alli, the only FDA-approved, over-the-counter weight-loss product with a plan. Adding alli to a low-fat diet can help people



Losing weight requires lifestyle changes and lots of patience. It will not—and should not—happen overnight.

lose more weight than dieting alone.

- **Take it slow and expect to** have a few missteps along the way. Forgive yourself and focus on what to do differently next time.

- **Persevere.** Avoid "all or nothing" thoughts. A bad week is a detour, not the end of the road.

- **Identify triggers.** Try to understand what events or circumstances led to overeating. Anger, stress, loneliness or the blues are common when dieting. Be ready for them.

- **Turn your back.** When you sense a trigger, change direction. If you're in the kitchen or near food, go somewhere else. Just walk away.

- **Watch portion size.** One of the easiest weight-loss strategies is to control portion size. Get to know the amount of food you eat. Often, we get in the habit of eating a certain amount of food to feel satisfied. And if we're served more food, we'll eat more.

For more information on weight loss and the alli program, visit www.myalli.com.