

# NEW YEAR, NEW ME

... healthy eating for a healthier you

The New Year often inspires motivation for self-improvement, which for many of us involves getting healthy and losing weight. Diet tips and health recommendations are popping up on our newsfeeds, landing in our email inboxes and littering all kinds of homepages. Unfortunately most of these recommendations are totally misguided and do not deliver the results that they promise - one has to be very careful in choosing which advice to follow.

## Avoid fad diets. Restriction is not fun.

While it is reasonable to create a plan to eat well with the intention of taking care of yourself and improving your health, committing to an unpleasant and restrictive weight loss diet will often lead to dissatisfaction and failure.

Fad diets, coupled with unrealistic expectations for weight loss, are a recipe for weight cycling - the repeated loss and regain of body weight. While these diets may provide a short-term loss of weight, they are not designed for long-term use as they are very restrictive - telling you exactly what you can and cannot eat. The results are therefore hard to maintain because it is difficult to follow the diet for an extended period of time.

Instead of falling into the common trap of these unrealistic expectations for losing weight, consider how you can better take care of yourself by creating a more healthy food lifestyle based on sustainable changes to your eating habits.

## Tips for your weight loss journey



**Understand your weight goals** and have a realistic timeline



**Join a supportive group** to give and receive support throughout your weight loss journey



**Your body can sometimes confuse thirst for hunger** - make sure you drink enough water, at least eight glasses a per day



**Celebrate your smaller accomplishments** along your weight loss journey. Reward yourself with something that makes you happy like going for a relaxing day at the spa; invite your friends and family to be a part of your success



**Don't feel discouraged** if you are not seeing the results you want right away. Stick to your goal and make adjustments to your diet where needed. You and your personal health are worth it!



**Stay active** - any increase in your activity level is a great way to encourage healthy weight loss

