



## METABOLISM MATTERS

Something to keep in mind is to not lose weight by doing something you can't keep up forever. Whatever you do to lose the weight, you will have to keep doing to maintain the new weight. Once you reach your goal weight, it is tempting to walk away from your weight loss professional. Be aware! Stabilizing weight loss through a structured maintenance plan is the most important key to success. RMR tests are critical during these months to monitor changes that must be accounted for. So slip on those skinny jeans and head back to your counselor, because the yo-yo stops here!

## THE PITFALLS OF YO-YO DIETING

*How many of you know someone who will go on a diet because they are getting married, planning a tropical vacation where they'll have to dawn the dreaded swimsuit, or the common "it's almost summertime" diet? Perhaps you know someone who does this, or maybe this IS you! While it may seem harmless to diet when we feel like losing a few pounds, what we may not know are the negative effects of weight cycling.*

The prevalence of dieting has increased continuously in the last 50 years in parallel to the steadily increasing prevalence of overweight and obese individuals. According to an article in the International Journal of Obesity, there are a myriad of risk factors contributing to heart conditions that are brought about by weight cycling. These risk factors include high blood pressure, increased body fat, and an increased risk for diabetes.

### What can we be doing to change our current weight cycling habits?

- 1. Trust a Professional-** Work with a weight loss professional that tailors a program just for you. Listen carefully to their advice. Eat everything they are telling you to eat and don't try to rush to the finish line by skipping meals: too little protein equals a loss of muscle mass, which will sabotage your metabolism.
- 2. Recognize Emotional Ties and Triggers with Food-** We may be conditioned to have events, times of year, or certain people trigger a reaction in us that has only been dealt with in the past by turning to food. Seeking out professional counseling can help you recognize and evaluate those triggers. Once you know what you are dealing with, then you can plan alternative ways to cope that don't involve food.
- 3. Focus On One Goal At A Time-** You may have a list of 20 small changes you'd like to implement. While these goals may all be wonderful, the reality is that trying to do them all at once may leave you feeling discouraged and unsuccessful. Perhaps try one goal, and plan to execute it for a month. When you feel that it is a habit, try introducing another change with the same gradual method. A healthy lifestyle is not going to be achieved overnight, but small consistent progress will produce lasting and meaningful lifelong results.