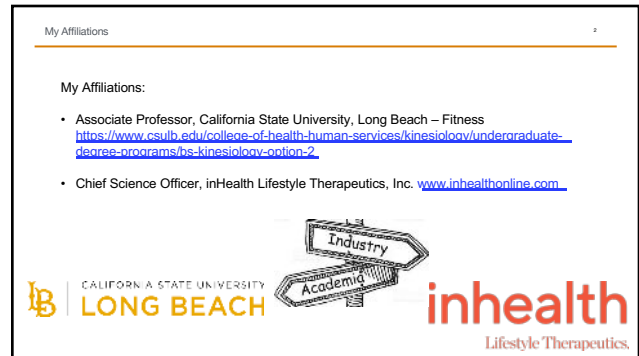


1



2

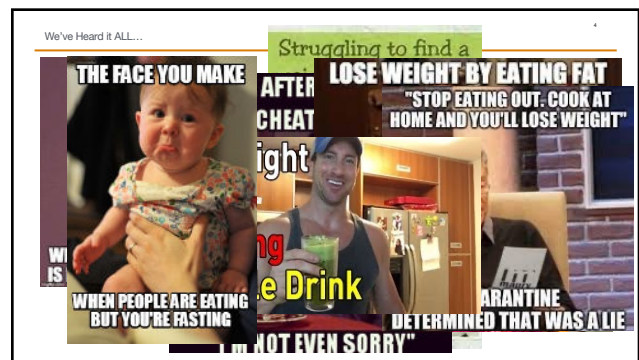
20 Weight loss Tips that Actually work!

What are we going to learn today?

## Objectives

1. Understand **dietary**, **hormonal**, **gastrointestinal**, **physical activity**, and environmental factors that influence weight management.
2. Evaluate the **evidence** surrounding weight loss and weight management.
3. **Apply** the research-evidence to different client types including **general fitness** to clients with **multiple co-morbidities**

3



4

We've heard it ALL

Slow Metabolism? Don't eat past...X pm

Hormones? Don't eat before X am?

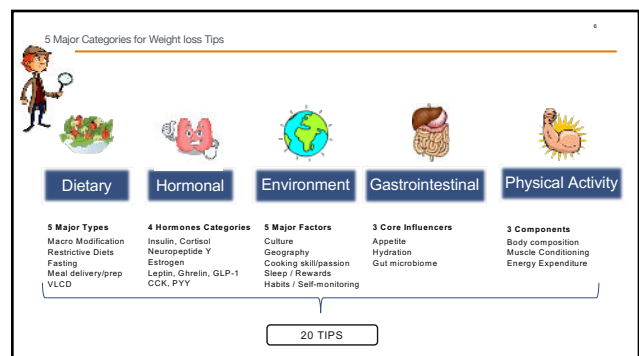
Eat Clean? Supplements/Drinks

Low Carb? Meal Prep?

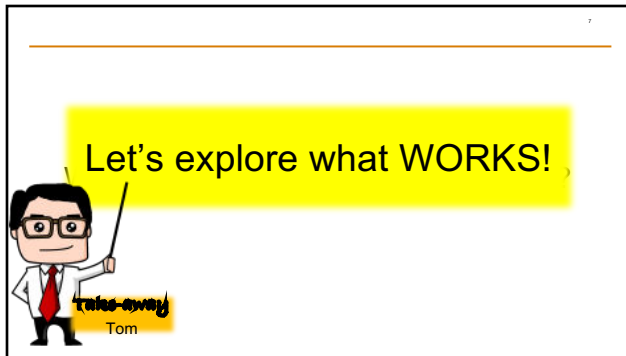
Low Fat? Special "Diets"?

High Fat?

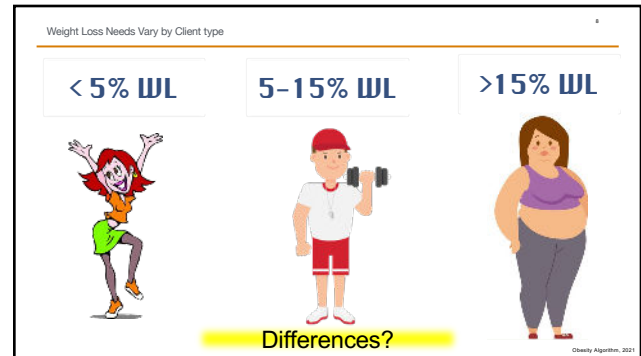
5



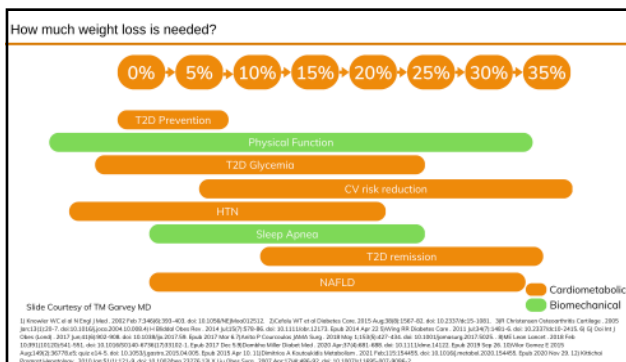
6



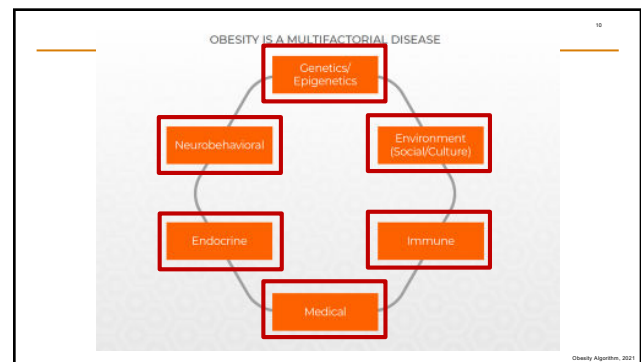
7



8



9



10



11

"Eat within Your Macros..."

Acceptable Macronutrient Distribution Range (AMDR)

- The AMDR is defined as a range of intakes for a particular energy source (macronutrient).
- The AMDR is expressed as a percentage of total energy intake.
  - Carbohydrate: 45-65%
  - Fat: 20-35%
  - Protein: 10-35%

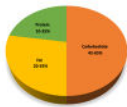
Page # 4 of 7

12

1. Macro Modifications

1. AMDRs are:

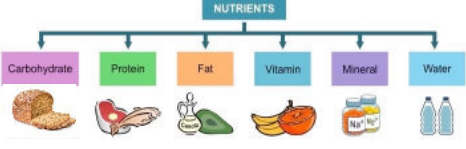
Carbohydrate: 45-65%  
Fat: 20-35%  
Protein: 10-35%



2. Health Benefits of Balanced Eating

NUTRIENTS

Carbohydrate Protein Fat Vitamin Mineral Water




Update 2015: Diet Energy Based on Macronutrient Intake and its Relationship With Body Mass Index (Nutrition Facts)

13

1. Macro Modifications

For Clients with < 5%WL Goals: Macro Modifications are a **GO-TO**


Carbohydrate: 45-65%  
Fat: 20-35%  
Protein: 10-35%



Good Tip for Clients who:

- Can "accurately" track their intake
- Understand the basics of Macronutrients / kcals
- Enjoy cooking/meal prepping

**Eat within Your Macros...** **"Reorganize your Plate..."**



14


Tip #1: Reorganize your Plate

Tip #2: Balanced is Best

TIPS #1 & 2 Take aways...

**Educate clients on a balance plate**

- Aim for 50% veggies (above ground), 25% protein, 25% whole grains
- Balanced meals support long-term weight management & overall health



15

**Tip #3**  
**Eat Slowly**

**Tip #4**  
**Limit Distractions**



16

Tip #3: Eat Slowly

Tip #4: Limit Distractions


**Eating too fast can actually lead to weight gain & heart disease!**

- ↑ eating rate = ↑ overeating = over consumption of calories
- Meta-Analysis of 23 studies found "fast eaters" are **2X as likely to have obesity**

**Eating Fast** = 5-10 min = ↑

**It takes your brain around 20 minutes to realize that you have had enough to eat.**

Insulin Resistance  
Type 2 Diabetes  
Metabolic Syndrome  
Poor Digestion  
Poor Satisfaction



Obtuse T et al. (2018). Association between eating rate and obesity: a systematic review and meta-analysis. *BMJ Open*, 18(12), e024949.

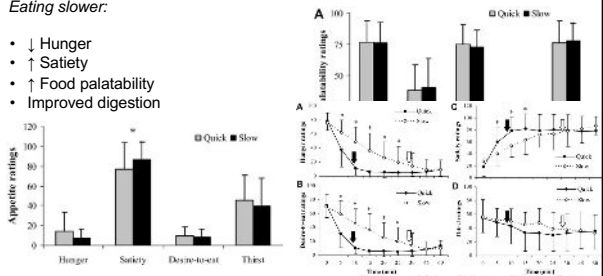
17

Tip #3: Eat Slowly

Tip #4: Limit Distractions

**Eating slower:**

- ↓ Hunger
- ↑ Satiety
- ↑ Food palatability
- Improved digestion



Anderson et al. (2018). Eating Slowly and its Effect on Energy Intake and Satiety in Healthy Women. *Obesity*, 26(1), 100-108.


18

Tip #3: Eat Slowly      Tip #4: Limit Distractions

**TIP #3 & 4 Take aways...**

**Aim to finish meals in 20 to 30 min in distraction-free environment**

1. Don't eat in front of screens
2. Put fork down between bites
3. Don't get too hungry
4. Sip on water
5. Chew thoroughly
6. Eat mindfully



19

**Tip #5**  
**Amp Up Your Protein Intake**

**Tip #6**  
**Consume Protein at Every Meal**




20

Tip #5: Amp up your Protein Intake      Tip #6: Consume Protein at Every meal

**Protein is IMPORTANT!**

- Repair and replace **damaged** proteins
- 'Remodel' proteins within muscle, bone, tendon, and ligaments
- Maintain optimal function of all **metabolic pathways** that use AA
- **Supports increases/maintenance of lean body mass (LBM)**
- Supports the **immune** system



21

Tip #5: Amp up your Protein Intake      Tip #6: Consume Protein at Every meal

**↑ Protein Intake (1.0-2.5 g/kg)**

- Supports Several Weight Regulating Hormones** → HPD ↑ satiety (appetite-reducing) hormones GLP-1, PYY and CCK & ↓ ghrelin
- Promotes Eating Fewer Calories** → 30% kcal/pro can ↓ kcal by 441/day (Even w/o conscious kcal restriction)
- Prevents Lean Body Mass Loss** → 2.0g/kg pro during kcal restriction ↓ LBM loss by 2x

Repetto et al. 2006. Clinical trials for protein in protein-restricted patients and body weight regulation. Cell Metabolism 6(3):228-233.  
Wong et al. 2015. High protein diet induces sustained reduction in appetite, self-reported caloric intake, and body weight despite compensatory changes in hunger hormones. Cell Metabolism 15(2):163-173

22

Tip #5: Amp up your Protein Intake      Tip #6: Consume Protein at Every meal


**TIP #5 & #6 Take away...**

**Aim to consume 1.0-2.5 g/kg (30% total kcal) protein alongside a reduce calorie diet**

**Consume protein at every meal/snack**

1. ↑ Protein can help prevent muscle loss when you lose weight.
2. Protein ↑ satiety and ↓ hunger
3. Protein at every meal slows digestion, and improves hunger hormones supporting weight loss

You can find the number of grams by multiplying your body weight in kg by 1-2.5.  
For example, on a 90 kg person would eat 90 \* 2 = 180 grams of protein.



23

**Tip:#7**  
**Keep a Hunger Journal**


**Tip:#8**  
**Practice Mindful Eating**

24

Tip #7: Keep a Hunger Journal      Tip:#8: Practice Mindful Eating

### Am I Hungry or....??

Physical Hunger



Emotional Hunger

Why do we eat when we are not hungry?


Moss and Roth G. (2018) Clinical Evidence and Mechanisms of High-Protein Diet-Induced Weight Loss (Elsevier Science Direct) 29(12):144-172

25

Tip #7: Keep a Hunger Journal      Tip:#8: Practice Mindful Eating

Our eating habits are sometimes connected to our emotions, whether we realize it or not.

Rational



Emotional

*I feel hungry so I will eat ..*

*I know I shouldn't be eating this but..*

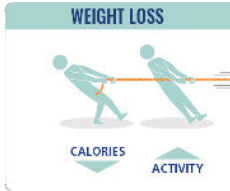
*I eat healthy all week, I deserve this..*

Moss and Roth G. (2018) Clinical Evidence and Mechanisms of High-Protein Diet-Induced Weight Loss (Elsevier Science Direct) 29(12):144-172

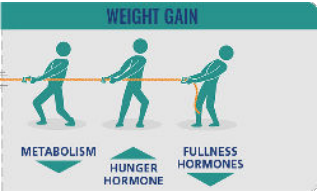
26

Tip #7: Keep a Hunger Journal      Tip:#8: Practice Mindful Eating

**WEIGHT LOSS**



**WEIGHT GAIN**



Source: Obesity \* Neuroscience

27

Tip #7: Keep a Hunger Journal      Tip:#8: Practice Mindful Eating

A team of hormones from the body signal the brain that affect food intake

**HYPOTHALAMUS**

GLP-1, CCK, OXM, PYY

**ADIPONECTIN**


LEP

**INSULIN**

AMY, INS

**GLUCAGON**

GHR




Abbreviations: GLP-1: glucagon-like peptide-1; CCK: cholecystikinin; OXM: oxyntomodulin; PYY: peptide YY; CCK: cholecystikinin; OXM: oxyntomodulin; GLP-1: glucagon-like peptide-1; GHR: ghrelin

28

Tip #7: Keep a Hunger Journal      Tip:#8: Practice Mindful Eating

A hunger journal can help drive awareness, satiety, and reduce total kcals by up to 30%

start eating here (somewhat hungry)      stop eating here (satisfied)



600 kcal dinner can save you 180 calories

Seuss et al. (2019) Efficacy of a mindful eating programme to reduce emotional eating in patients suffering from overweight or obesity: a primary care settings randomised controlled trial protocol. BMJ Open 9(1): e001307

29

Tip #7: Keep a Hunger Journal      Tip:#8: Practice Mindful Eating

#### Mindful Eating

- Mindfulness is a **form of meditation** that helps you recognize and cope with your emotions and physical sensations
- It's used to treat many conditions, including **eating disorders**, depression, anxiety, and **various food-related behaviors**

Steps for a Mindfulness / Hunger Journal

Physical Hunger	Emotional Hunger
<ul style="list-style-type: none"> <li>Engage in senses (taste, smell, textures)</li> <li>"How hungry am I?" (1-10) aim for 3-7</li> <li>"How satisfied am I?" (1-10) aim for 3-7</li> </ul>	<ul style="list-style-type: none"> <li>Recognize craving associated with physical response</li> <li>Identify cravings associated to emotions</li> </ul>

Notes: Adapted from: 1. Mindful Eating: How to Lose Weight and Feel Great in the Process by Kristin Langer, PhD. 2. Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food by Mindful Eating Institute. 3. Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food by Mindful Eating Institute.

30

Craving	The Potential Reasons for Those Cravings	
Sweets	<ul style="list-style-type: none"> <li>A lack of self-care and "me" time.</li> <li>Wasting a meal, missing pleasure.</li> <li>Eating sadness, disappointment and grief.</li> <li>Needing a boost of energy.</li> </ul>	<p><i>Use the journaling questions below to explore and discover what triggers your food cravings.</i></p> <ol style="list-style-type: none"> <li>The last craving I had was for:</li> <li>What was going on when I had the craving? Describe the situation (Was anyone else involved? What happened? What time of day was it? etc.)</li> <li>The feelings and thoughts that preceded my craving were:</li> <li>Could these feelings around your food craving be attached to an emotional childhood memory? This food reminds me of when:</li> <li>My food cravings might be about fulfilling my need for...</li> <li>My food cravings might be an attempt to feel...</li> </ol>
Chocolate	<ul style="list-style-type: none"> <li>Craving for love, intimacy, and/or romance.</li> <li>To fill empty mind, a "heat-good" boost.</li> <li>Linking for energy, passion, and excitement.</li> <li>Unable to process sadness/grief.</li> </ul>	
Bread	<ul style="list-style-type: none"> <li>Attempt to soothe tension, stress, and/or anxiety.</li> <li>Looking for care and comfort, reassurance.</li> <li>Eating unsatisfied with life.</li> <li>A desire to slow down.</li> </ul>	
Crunchy/Crispy	<ul style="list-style-type: none"> <li>An attempt to relieve anger, irritation, and frustration.</li> <li>Feeling for care and comfort, reassurance.</li> <li>Stress and anxiety relief.</li> <li>Criticism -- of self, from others, or towards others.</li> </ul>	
Fatty/Fried	<ul style="list-style-type: none"> <li>Fills the emptiness when feeling unsatisfied and/or unfulfilled.</li> <li>Feeling for the closeness of life.</li> <li>A lack of inspiration in life.</li> <li>Lacking self-worth and/or self-worth.</li> </ul>	
Dairy	<ul style="list-style-type: none"> <li>A yearning for being nurtured.</li> <li>Needing something and comfort.</li> <li>Looking for safety and security.</li> <li>To ease worry and anxiety.</li> </ul>	

31

Tip #7: Keep a Hunger Journal


Tip #8: Practice Mindful Eating

**TIP #7 & #8 Take aways...**

**Hunger journals and practicing mindful eating can significantly support weight loss efforts**

- Journaling can help clients identify triggers
- Journaling will support mindfulness and meal satisfaction
- Journaling during a meal can reduce total kcals

Individuals with obesity have altered hunger hormones



32

**Tip #9:**  
Keep healthy snacks at home / office

**Tip #10:**  
Get into Meal Planning

33

Tip #9: Keep healthy snacks at home / office

Tip #10: Get into Meal Planning

**To snack or not to snack..?**


Snacking can be an important part of a healthy diet.

¼ of Americans snack throughout the day (at least 1/day)

Snack < 150 - 300 kcals

Pros	Cons
<ul style="list-style-type: none"> <li>Can prevent becoming over hungry leading to overeating</li> <li>Can help get more nutrients (eg. Protein)</li> <li>Support glycemic control</li> </ul>	<ul style="list-style-type: none"> <li>People often opt to eat <b>foods that are convenient</b>, so it is best to <b>avoid</b> keeping prepackaged snacks and candies on hand.</li> <li>More opportunities to overeat</li> <li>Studies show can lead to weight gain (indiv w/ obesity)</li> </ul>

Barry Gold (2015) Home environment and psychosocial predictors of obesity status among community-residing men and women. Int J Behav Nutr Res 14(5) 1483-1487



34

Tip #9: Keep healthy snacks at home / office

Tip #10: Get into Meal Planning


Researchers have found that **people who kept unhealthy food at home** found it **more difficult to maintain or lose weight**.

Keeping healthful snacks at home and work can help a person meet their nutritional needs and avoid excess sugar and salt.

Protein, high-fiber, healthy fats

**Good snack options include:**

- nuts with no added salt or sugar
- fruits
- prechopped vegetables
- low-fat yogurts
- dried seaweed



Barry Gold (2015) Home environment and psychosocial predictors of obesity status among community-residing men and women. Int J Behav Nutr Res 14(5) 1483-1487

35

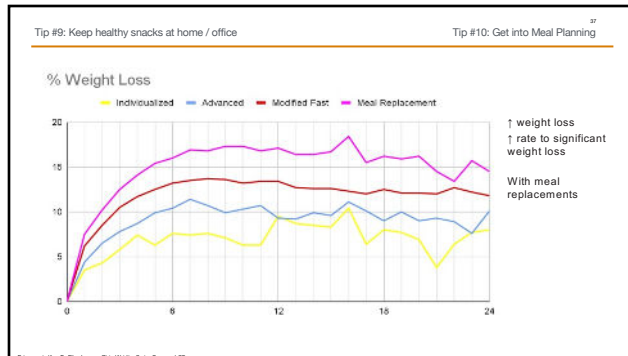
Tip #9: Keep healthy snacks at home / office

Tip #10: Get into Meal Planning

Self-Portioned	Mixed-Portioned	Pre-Portioned
<b>Meal Prepping</b> <ul style="list-style-type: none"> <li>All self-portioning meals/snacks</li> </ul>	Mix of pre-portioned + self-prep <ul style="list-style-type: none"> <li>Self-portioning 1 meal / 0-2 snacks</li> <li>Pre-portioned 2 meals</li> </ul>	All pre-packaged & Portioned <ul style="list-style-type: none"> <li>No self-portioning meals/snacks</li> <li>Eg. Meal delivery, VLCD, meal replacements / snacks</li> </ul>
<b>Good for clients who:</b> <ul style="list-style-type: none"> <li>Enjoy Cooking</li> <li>Enjoy Counting</li> <li>Like Tracking</li> <li>Know how to measure</li> <li>Understand portions</li> <li>Organized</li> <li>Time managers</li> </ul>	<b>Good for clients who:</b> <ul style="list-style-type: none"> <li>Like to cook (ex. Dinner)</li> <li>Don't want to feel "left out"</li> <li>Can track but struggle</li> <li>Learning to measure / portion / count kcals</li> </ul>	<b>Good for clients who:</b> <ul style="list-style-type: none"> <li>Don't like to cook</li> <li>Don't want to "think" about it</li> <li>Learning to measure / portion / count kcals</li> <li>Need/want faster weight loss</li> </ul>

**What your client's meal environment?**

36



37

Tip #9: Keep healthy snacks at home / office

Tip #10: Get into Meal Planning

**TIP #9 & #10 Take aways...**

- Snacking can be helpful for hunger control & nutrient availability
- Meal prepping should be tailored to client environment

Consider your clients history with meals/snacks  
Set meal/snack guidelines (include protein *always*)  
A balanced diet/plan should be based on meal environment.

38

**Tip #11:**  
**DO try Intermittent fasting!**

**Tip #12:**  
**DON'T try Intermittent fasting!**

39

Tip #11: DO try Intermittent fasting

Tip #12: DON'T try intermittent fasting

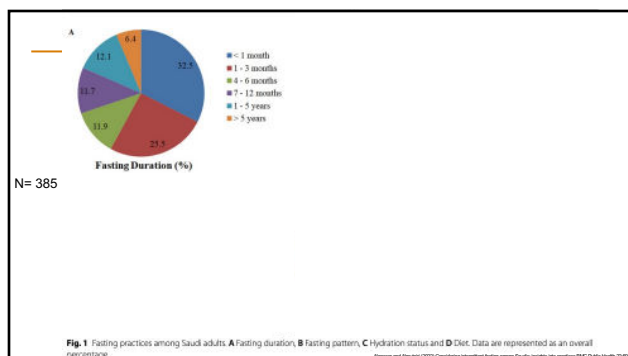
**Calorie Restriction**

- Consumption of 20-40% of daily caloric requirements without a reduction in essential nutrients.
- Usual meal frequency is maintained
- Goal is to reduce body weight
- Can include macronutrient specificity

**Intermittent fasting**

- No food or drinks with caloric content for 12-24 hours
- Specified periods of fasting : feeding based on hunger profile and goals
- Time restricted daily fasting: 12:12; 16:8, 20:4, 24:0
- Alternate Day fasting
- 2x per week

40



41

Tip #11: DO try Intermittent fasting

Tip #12: DON'T try intermittent fasting

**Intermittent fasting is an eating pattern where people limit their food consumption to certain hours of the day.**

**Physiological Affects:**

**Adults with Obesity:**

1. ↑ Ketone bodies
2. ↑ Fat mobilization
3. ↑ Mitochondrial biogenesis
4. ↓ Stress responses
5. ↑ Mechanical efficiency.
6. Weight loss: ~7-11 pounds over 10 weeks

**"Metabolic switch" = when liver glycogen is depleted**

**Fixing the Metabolic Switch: Understanding and Applying Health Benefits of Fasting**

Almomen and Almomen (2022) Investigating intermittent fasting among Saudi: Insights into practices BMC Public Health 22:202

42

Tip #11: DO try Intermittent fasting Tip #12: DON'T try intermittent fasting

Intermittent fasting has side effects..

**Hunger & Cravings**

No surprise...

- Researchers found 1,422 people who participated in fasting regimens lasting 4–21 days.
- Tended to experience hunger symptoms only during the first few days of the regimens

**Sleep Disturbances**

- 15% report sleep disturbances

**Lightheadedness & Headaches**

- People who commonly get headaches are more likely to experience headaches during fasting than those who don't

**Digestive Issues**

- Constipation, Diarrhea, Bloating
- Can be caused by dehydration

**WHO SHOULD NOT try intermittent fasting...?**

43

Tip #11: DO try Intermittent fasting Tip #12: DON'T try intermittent fasting

TIP #11 & #12 Take aways...

**Intermittent fasting can support weight loss**

**Intermittent fasting can have side effects**

1. Consider your clients typical eating pattern and hunger cues  
2. Co-create a plan that supports reducing total calories.

44

**Tip #13:  
Get Moving!**

**Tip #14:  
Don't Forget the Weights!**

45

Tip #13: Get Moving Tip #14: Don't forget the weights!

**CLASSIC ENERGY BALANCE Equations**

**Energy Input (IN)**

Nutrition/Hydration

CHO (4 kcal/g)

Pro (4 kcal/g)

Fat (9 kcal/g)

Alcohol (7 kcal/g)

**Energy Expenditure (OUT)**

Basal metabolic rate (BMR, RMR) +

Activity level (exercise, ADL, NEAT)

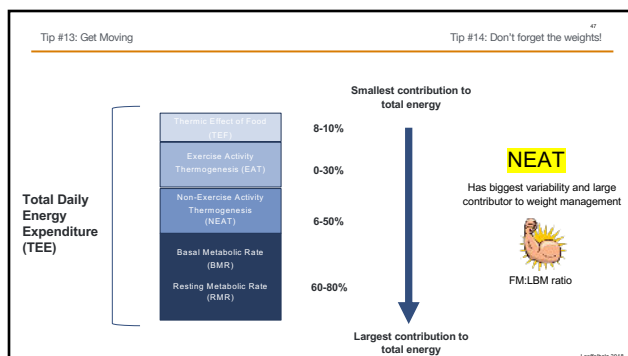
+ Thermic effect of food (TEF)

CHO:	1,520 kcal (380 g)
PRO:	320 kcal (80 g)
FAT:	450 kcal (50 g)
<b>Total =</b>	<b>2,290</b>

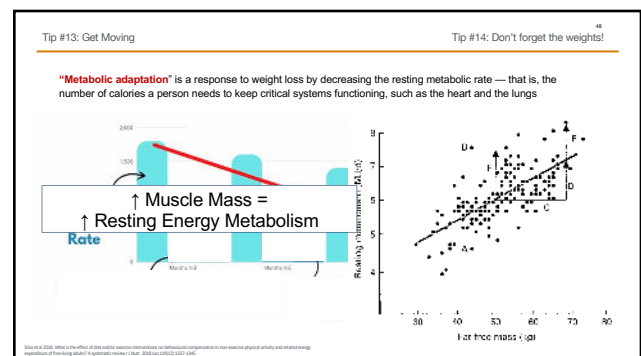
RMR:	1,340 kcal
Activity/ADL:	750 kcal
TEF:	200 kcal (10%)
<b>Total =</b>	<b>2,290</b>

ENERGY INPUT = ENERGY EXPENDITURE

46

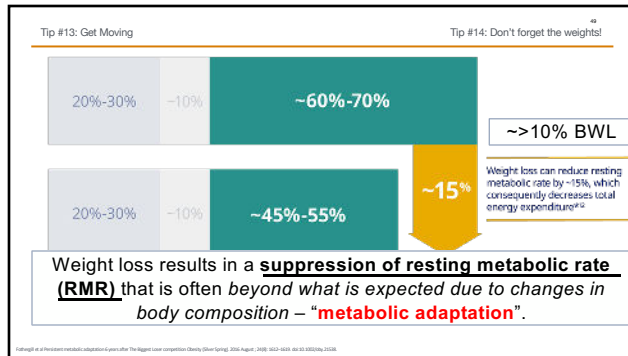


47

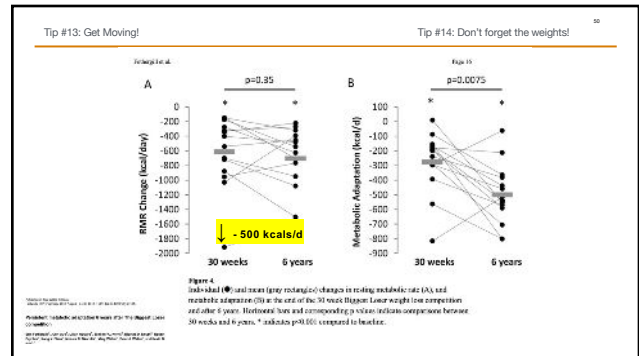


48





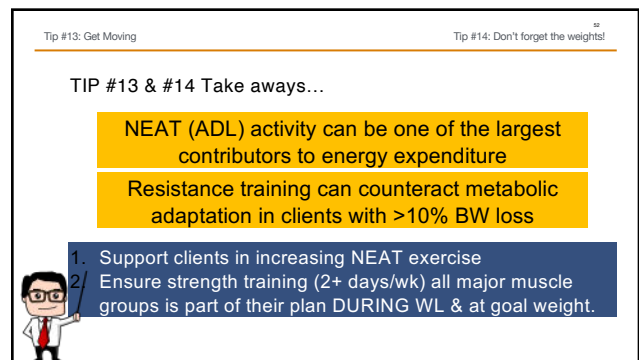
49



50



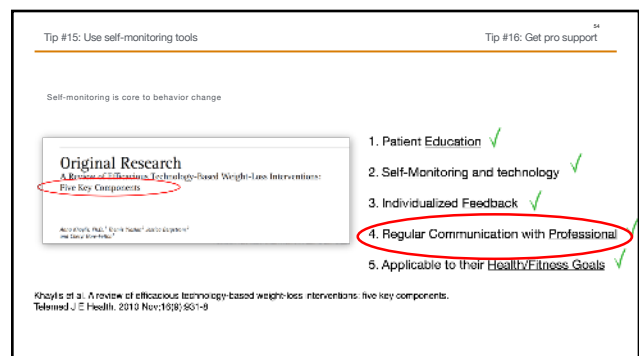
51



52



53




54

Tip #15: Use self-monitoring tools Tip #16: Get pro support

### Daily Journaling is effective!

**2x weight loss**



**> 10% WL @ 6 mo!**

**Professional feedback weekly**

Log Often, Lose More!


Harvey J. et al. Log Often, Lose More: Electronic Dietary Self-Monitoring for Weight Loss Clinically (Silver Spring). 2019 March. (2723) 380-384

55

Tip #15: Use self-monitoring tools Tip #16: Get pro support

### Daily Weighing is effective!

**2x weight loss**



**-7 vs. -3 kg @ 6 mo!**

**Professional feedback weekly**

**No negative impact on body satisfaction**

Weigh Often, Lose More!

Witch a. et al. Is frequent self-weighing associated with greater body satisfaction? Findings from a phone-based weight loss trial. J Fam Econ Behav (2020) 43(4):423-438. doi:10.1007/s10531-020-0943-0

56

Tip #15: Use self-monitoring tools Tip #16: Get pro support

### Daily Step Tracking is effective!

**Significant ↑ PA**



**Increased from sedentary to MIPA**

**Professional feedback**

Track Often, Move More!

De Vries et al. Do Activity Monitors Increase Physical Activity in Adults with Overweight or Obesity? A Systematic Review and Meta-Analysis Obesity (2016) 24, 2078-2089. doi:10.1002/oby.21459

57

Tip #15: Use self-monitoring tools Tip #16: Get pro support

### The Evidence!

**2009 to 2019: Systematic review of 39 RCTs**

- 67 interventions
- 81% tracked
- 72% tracked **weight**
- 82% tracked **PA**

**Self-Monitoring via Digital Health in Weight Loss Interventions: A Systematic Review Among Adults with Overweight or Obesity**

Witch a. et al. J Fam Econ Behav (2020) 43(4):423-438. doi:10.1007/s10531-020-0943-0


58

Tip #15: Use self-monitoring tools Tip #16: Get pro support

### Self-Monitoring via Digital Health in Weight Loss Interventions: A Systematic Review Among Adults with Overweight or Obesity

Witch a. et al. J Fam Econ Behav (2020) 43(4):423-438. doi:10.1007/s10531-020-0943-0

**The Evidence!**



**digital self-monitoring = ↑ weight loss**

**Digital tools > Paper tools.**

59

Tip #15: Use self-monitoring tools Tip #16: Get pro support

### Increasing Self-Efficacy

**Health Coaching improves self-efficacy = ↑ Engagement**

**MORE Affective:**

- ↑ Weight loss
- ↑ Physical activity
- Self-monitoring
- Clinically significant weight loss

**The efficacy of a telemedicine-based weight loss program with video conference health coaching support**

Michèle A. Rasmussen<sup>1,2</sup>, Kelly Johnson<sup>1,2</sup>, Richard Muller<sup>1,2</sup>, Virginia Gray<sup>1</sup>, Elizabeth Gutierrez<sup>1</sup>, and Olga Korosteleva<sup>1</sup>

**Original Research**

Telemedicine-based weight loss program with video conference health coaching support: A randomized controlled trial. J Fam Econ Behav (2020) 43(4):423-438. doi:10.1007/s10531-020-0943-0

**Exploring Sex Differences in the Effectiveness of Telehealth-Based Health Coaching in Weight Management in an Employee Population**

Kelly A. Johnson<sup>1,2</sup>, Michèle A. Rasmussen<sup>1,2</sup>, Richard Muller<sup>1,2</sup>, Virginia Gray<sup>1</sup>, Elizabeth Gutierrez<sup>1</sup>, and Olga Korosteleva<sup>1</sup>

60


Tip #15: Use self-monitoring tools Tip #16: Get pro support

**TIP #15 & #16 Take aways...**

**Self-monitoring tools improve weight loss**

**With the help of a professional**

1. Consider what self-monitoring tools can work best for your clients
2. Co-create a plan that includes support in tracking.



61

**Tip #17:  
Get and Stay Hydrated**

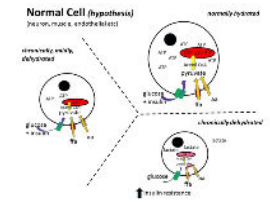
**Tip #18:  
Keep a Water Bottle with you  
at all times**

62

Tip #17: Get and Stay Hydrated Tip #18: Keep a Water Bottle with You

**Dehydration ↓ metabolic flexibility (how well you can utilize lipids and carbohydrates) which leads to weight gain**

1. Water has an affect on **appetite**
2. Water helps **remove waste** from the body
3. Water is necessary to **burn fat**
4. Water helps **reduce fatigue**



**Dehydration slows down all our metabolic processes.**

- Inflamed joints
- Lethargy
- Weight gain

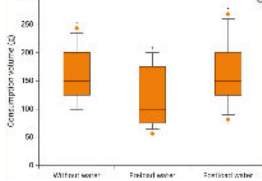
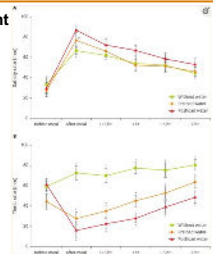
**Increased Hydration Can Be Associated with Weight Loss**

Source: > Front Nutr. 2019; Jun; 7(6):178. doi: 10.3389/fnut.2019.00178. eCollection 2019.

63

Tip #17: Get and Stay Hydrated Tip #18: Keep a Water Bottle with You

**Water is a natural appetite suppressant**

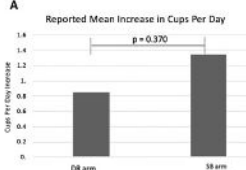
**People who drank two glasses of water immediately before a meal ate 22% less than those who didn't drink any water prior to eating.**

Copyright 2008, bioRxiv preprint doi: <https://doi.org/10.1101/2008.04.01.110111>; this version posted April 1, 2008. The copyright holder for this preprint (which was not certified by peer review) is the author/funder, who has granted bioRxiv a license to display the preprint in perpetuity. It is made available under aCC-BY-NC-ND 4.0 International license.

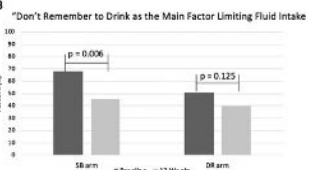
64

Tip #17: Get and Stay Hydrated Tip #18: Keep a Water Bottle with You

**A Reported Mean Increase in Cups Per Day**



**B "Don't Remember to Drink as the Main Factor Limiting Fluid Intake"**



**↑30% in water intake**

Source: > Front Nutr. 2019; Jun; 7(6):178. doi: 10.3389/fnut.2019.00178. eCollection 2019.

65


Tip #17: Get and Stay Hydrated Tip #18: Keep a Water Bottle with You

**TIP #17 & #18 Take aways...**

**Hydration is important for weight loss.**

**Carrying a water bottle can help to increase fluids.**

1. Consider what amount of fluids are needed for your client typically (1/2 body weight in ounces).
2. Tracking fluid intake can help to attain goals.

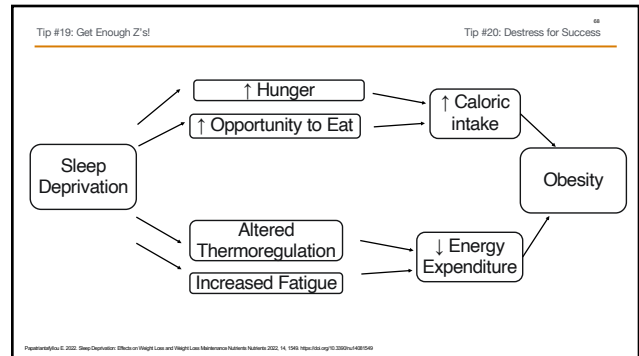


66

## Tip #19: Get enough Z's!

## Tip #20: Destress for Success

67



68

Tip #19: Get Enough Z's!

Tip #20: Destress for Success

### How do you improve sleeping habits?

Here are some quick tips:

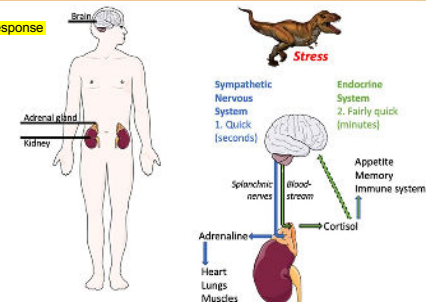
1. Turn off electronics at **least an hour before going to bed**
2. Create a **sleeping schedule**
3. Try a **relaxing routine** (take a bath, read a book, meditate, do yoga) before going to bed to get a good night sleep;
4. **Stop drinking** caffeine after 4pm (habitual drinkers), or 12pm (non-habitual)
5. Start/maintain an **exercise routine**.
6. Limit **alcohol** intake

69

Tip #19: Get Enough Z's!

Tip #20: Destress for Success

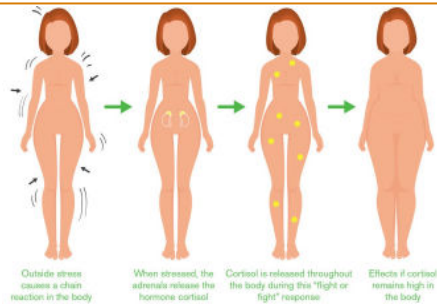
### Stress Response



70

Tip #19: Get Enough Z's!

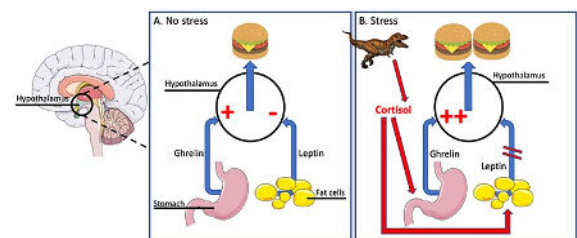
Tip #20: Destress for Success



71

Tip #19: Get Enough Z's!

Tip #20: Destress for Success



72

Tip #19: Get Enough Z's!

Tip #20: Destress for Success

**How do you reduce stress?****Here are some quick tips:**

1. Meditate.
2. Keep a **journal on stress**
3. Get enough **sleep**.
4. **Practice Mindfulness**.
5. Start/maintain an **exercise routine** at a regular **schedule**.
6. Eat a **healthy diet**.

73

## KEY Lecture Take Away's

1. **Weight loss** is multifaceted and includes factors like (Dietary, Hormonal, environmental, Gastrointestinal, and Physical Activity).
2. Weight loss tips **vary by the amount of weight** the client needs to lose. (and co-morbidities).
3. Work with your clients to determine their goals and provide the tips that are **manageable** for them.

74

**20 Weight loss Tips:**

- |                                       |   |
|---------------------------------------|---|
| 1) Reorganize your Plate              | 11) DO Try Intermittent Fasting               |
| 2) Think Balanced                     | 12) DON'T Try Intermittent Fasting            |
| 3) Eat Slowly                         | 13) Get Moving!                               |
| 4) Limit Distractions                 | 14) Don't Forget the Weights!                 |
| 5) Amp Up Your Protein Intake         | 15) Use Self-Monitoring Tools                 |
| 6) Consume protein at Every Meal      | 16) Get Pro Support                           |
| 7) Keep a Hunger Journal              | 17) Get and Stay Hydrated                     |
| 8) Practice Mindful eating            | 18) Keep a Water bottle with You at All Times |
| 9) Keep Healthy snacks at home/office | 19) Get Enough Z's                            |
| 10) Get into Meal Planning            | 20) Destress for Success                      |



75

**Thank you!**  
**michelle.alencar@csulb.edu**



**inhealth**  
 LifestyleTherapies

76