

Weight Loss Tips

My top 10 things I have recommended to patients who are trying to lose weight for their general health or in preparation for total joint replacement

1. Serving Size

Buy a kitchen scale to measure out a portion of pasta, meat or side dish. Most people are surprised at what a recommend portion of meat or pasta really is.

2. Use Smaller Plates

An 8 inch plate will hold less food than a 12 inch plate.

3. Put Away Leftovers

Make the plates and put the leftovers away before eating. By putting away the food first you are less likely to dig in for seconds or thirds.

4. Exercise before Eating

A short walk or a few minutes on the stationary bike before eating makes some people feel less hungry and therefore eat less.

5. A Tall Glass of Water

Drinking a glass of water 20 to 30 minutes before eating will make you feel full earlier.

6. Drink Juice?

If you do, cut it in half with water to decrease the amount of calories and sugar you consume. Drink soda? If so, eliminate it from your home.

7. Don't Diet

Diets are usually short lived. Change the way you eat, live and exercise. Weight loss is a lifelong lifestyle change of both you eating and exercise habits.

8. Set Realistic Goals

A goal weight is intimidating. Losing a pound a week is reasonable and if you are consistent you can lose over 50 pounds in a year.

9. Junk Food is Okay (in moderation)

A treat or a reward is okay. Make a special shelf for cookies, chocolate and other sweet treats. Keep a dry erase board to check off how many you eat in a day, in a week. If you see too many checks on the board maybe a carrot would be a better idea.

10. Eat Regularly

Skipping meals may lead to overeating – especially at night. Some find that 5 small meals keep you full longer and less likely to store extra pounds.