

New Year, New You

Edison nutritionist offers five easy steps to improving your overall health and achieve your weight loss goals in the new year.



It's never too late to reach your weight loss and nutritional health goals. Read on to learn how to look and feel your best in 2014.
Photo courtesy of Daria Amato

by Lorraine Matthews-Antosiewicz
Community contributor

Did you ring in the New Year with a resolution to lose weight? If you did you're not alone. Many people were persuaded by the endless advertising for weight loss programs, diets, and gym memberships found in magazines, internet ads, and TV commercials during the weeks leading up to — and into — 2014. The diet industry uses this time of year to take advantage of the enormously popular and traditional resolution to lose weight. Unfortunately, most people who attempt weight loss by dieting aren't successful because by and large diets don't work.

Think of it this way — if dieting was a truly effective means of achieving permanent weight loss, everyone who ever went on a diet, including you, would be thin - and that would be that. Unfortunately, as you may well know, this is not the case. Dieting works for some people, but not for most.

As a nutritionist specializing in weight management, I have met many

unsuccessful dieters over the years; people endlessly battling their weight either being “on” or “off” a diet. They deprive themselves when they are “on” their diet and overindulge when they are “off.” As a result, they never really feel satisfied with what they eat or how they look and feel. One thing they all seem to have in common is that they have tried countless diets and still have not achieved their

desired weight. That being said, if dieting is not the answer, what can you do to lose weight and keep it off?

No quick fixes

First and foremost, be aware that the world is full of bad weight loss advice. Next, believe that there is no quick fix. And last, know that there are some tried and true steps that can be taken to lose weight and keep it off. Here's what you can do to get started immediately.

Make a real commitment.

Consider why you want to lose weight, and make a list of pros and cons. Your reasons for wanting to lose weight need to be very personal and extremely urgent; and they need to be powerful enough to keep you focused over the long haul. Weight loss takes time, effort, and a long term commitment. And yet, without a doubt, if you are truly committed to making it happen, it will.

Include your favorite foods

Making a commitment to lose weight doesn't mean you need to give up all of your favorite foods. In fact, this approach can actually work against you. Being too strict can lead to feelings of deprivation and this is a sure fire way to set yourself up for a cheat. Once that happens, you're likely to feel disappointed and discouraged. It could be just enough to knock you off course and cause you to throw in the towel. Instead of cutting out your favorite foods altogether, eat them in moderation.

Have an eating plan

Start your day with a nourishing breakfast including some fiber and protein, and then proceed to eat every three to four hours. Having small meals and snacks throughout the day will help to control your appetite and you will end up eating fewer calories overall. Furthermore, you will have more energy and be more inclined to exercise — an essential element of overall health, wellbeing, and weight management.

Consider why you are eating

When you feel like eating at a time that is not part of your plan ask yourself the question, “Am I really hungry or is something else triggering my desire to eat?” Hunger is your body's way of telling you that you need fuel; it's a natural physiological response, and a healthy reason to eat. Some other common but not so healthy reasons people eat include stress, depression, and boredom. Take time to listen to your body and figure out what it's trying to tell you. You may realize that you need something other than food.



Pictured above is Edison-based nutritionist, Lorraine Matthews-Antosiewicz.
Photo courtesy of Daria Amato

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Lorraine Matthews-Antosiewicz's private practice in Edison is located at 225 May Street, Suite F.

Lorraine Matthews-Antosiewicz, MS RD, is a food and nutrition expert specializing in weight management. She is committed to empowering people through education, support, and inspiration to make real changes that lead to optimal health and lasting weight loss. Lorraine is a resident of Metuchen and has a private practice in Edison. To learn more, visit <http://NJnutritionist.com/freeassessment>. —Lorraine Matthews-Antosiewicz

STAYING ON TRACK

Final Tip: Stay accountable

Write down everything you put in your mouth, every crumb and every morsel. And don't forget to include beverages. Tracking is a very useful tool to keep you accountable and aware of your food intake and behaviors. Research shows that people who keep track of everything they consume lose twice as much weight as those who don't. Use a logging form, food journal, or mobile application — whatever is most convenient for you. The method doesn't matter as long as you do it.

— Lorraine Matthews-Antosiewicz

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Using a meal planner can help you stay on track and understand your food.

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