

Tips for Ongoing Success

After graduation from our weight-loss program

This handout is for patients at UW Medicine Weight Loss Management Center. It gives tips to help you reach and maintain your weight-loss goals.

Congratulations! You've graduated from our 12-month weight-loss program. Here are some tips from staff at the Weight Loss Management Center to help you continue to be successful.

From Our Dietitians

- Keep using your food records:
 - At least 3 days a week if you want to keep losing weight
 - At least 3 days a month if you want to maintain your weight
- Weigh yourself at home at least 1 time a week. Make changes in your diet as needed if you start gaining weight.
- Eat breakfast every day and make sure to include high-quality, lean protein foods.
- Avoid sweets and added sugar, or limit them to very small amounts.
- Eat your food from a plate or in a bowl instead of eating it from the bag or container it came in.
- Use the “healthy plate” method for lunch and dinner. Fill a salad plate or smaller dish with these proportions:
 - ¼ plate lean protein
 - ½ plate vegetables (non-starchy)
 - ¼ plate starch, fruit, or starchy vegetables (peas, potato, corn, squash)
- Practice mindful eating:
 - Give yourself permission to relax and enjoy your food.



Mindful eating lets you enjoy your meals and helps you reach your weight-loss goals.

- Avoid doing other things such as watching TV while you eat.
- Stop eating when you feel content. Don't wait until you feel full.
- Eat 7 to 9 servings of fruits and vegetables every day. Here are examples of 1 serving:
 - ½ cup chopped or cooked fruit or vegetable
 - 1 cup lettuce or salad
 - 1 small piece of fruit or ½ banana
- Set weekly goals to keep yourself on track with improving your overall health.

Need More Help?

- Visit these websites for ideas on how to make healthy food choices. They also offer recipes you can use:
 - United States Department of Agriculture (USDA) "ChooseMyPlate" website: www.choosemyplate.gov
 - "CookingLight" magazine website: www.cookinglight.com
 - "EatingWell" magazine website: www.eatingwell.com
- Go to your local library and check out new cookbooks.

From Our Doctors

- Exercise at least 30 to 60 minutes a day, 5 days a week. People who want to lose weight do best when they get 5 to 6 hours of exercise a week.
- Keep active during the day. Walk instead of driving whenever you can, go dancing, take the stairs instead of the elevator, and do activities outside.
- Check your weight at least 1 time a week. Knowing how you're doing helps you take charge of your health. It also helps you keep the weight off.
- Set a "red flag" weight regain of about 3 to 5 pounds. Start using your food record again if you hit your "red flag" weight.
- If your healthcare provider prescribes a new medicine, ask if weight gain is a side effect. If so, ask if there are other options.
- If you are feeling hunger, having cravings, or having a hard time sticking to your goals, your body may be pushing back against the weight loss you achieved. Try to honor your hunger by enjoying larger portions of healthy foods.

- If you are exercising a lot and getting very hungry, you may need to increase your calorie goal by 100 to 150 calories per day.
- Honor your successes and your struggles with your weight. Share them with your provider, friends, and family.
- Set fitness goals. Share them with your provider, friends, and family.
- If you are taking medicine to help with weight loss:
 - Keep taking your medicine at current doses unless your provider tells you otherwise
 - Be aware that stopping these medicines usually causes weight gain

From Our Physical Therapists

- Keep exercising 30 to 60 minutes a day, 5 days a week, to maintain your weight.
- Exercise is essential in staying healthy and reducing problems as you age.
- To keep your exercise exciting:
 - Add variety.
 - Find activities you like to take part in.
 - Ask a friend or family member to join you, to help you stay motivated.

Consistency is the secret to success! Regular exercise will help you lose or maintain your weight, stay healthy, and do all the activities you want to do.

But life can get busy! If you happen to stop your exercise routine for any reason, try not to beat yourself up. Get back at it. You will feel better once you get moving again and will easily get back into the exercise routine.

From Our Social Workers

If you still struggle with your relationship with food or with your body:

- Talk with a counselor.
- Take part in our monthly drop-in support group.
- Remind yourself what you have learned while in this program:
 - I have learned that I can _____ (activity or method) to manage stress and help my body.
- Remind yourself what you achieved:
 - I know I am healthier because _____.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weight Loss Management
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