

12 Weeks to Weight Loss Success This Week's Tip:

Maintaining Weight Loss

It's been 12 weeks since we started this campaign and if you have been implementing our tips and stayed committed to your new lifestyle, you will undoubtedly have experienced some weight loss! Congratulations!! You look great and certainly, feel great too! Losing the weight is just the first step in your new lifestyle – eventually, you will reach your goals and then the focus turns to maintaining your newfound weight loss.

Weight cycling (or “yo-yo dieting”) is the repeated loss and regain of body weight. While experts are conflicted about whether repeated weight cycling is bad for your health, we do know this: staying obese absolutely has negative health impacts so it is in your body's best interest to maintain a healthy weight.

Here are some great ideas that you can implement in order to maintain your new healthy lifestyle and weight loss success – remember, you lost the weight by making healthier choices and reverting back to old, unhealthy habits will just get you back to where you started. It's so much easier to maintain than it is to have to go back and start all over again! Keep up the great work – you can do it & more importantly, you deserve it!

- Keep eating – in order to maintain your weight loss, you must continue to eat full, balanced meals consisting of lean proteins, healthy fats and plenty of fruits & vegetables.
- Acknowledge progress & reward results! As time passes and your health & fitness continue to improve, it is important to acknowledge your progress and reward yourself for reaching your goals. Create both short and long-term goals for yourself and reward yourself accordingly when you reach them. Avoid using food as a reward – think more along the lines of a massage, new clothes or a piece of fitness equipment that you really want.
- Stop sacrificing sleep – if you are not getting enough sleep, your body cannot maintain a regular appetite and eating schedule. Avoid watching television in bed and keep your room cool, dark & quiet in order to get the best quality sleep.
- Stay active & stay accountable. If you want to maintain your weight loss, this is so important for continuing to live a healthy lifestyle. Share your success story and tips that worked for you through an online support group or with friends and family and find new motivation in helping others to reach their own health & fitness goals!
- Mix it up! Variety is the spice of life and it's certainly a very helpful tool for maintaining weight loss. Many people revert to old habits simply because they grow bored of their go-to meals and workouts. Keep an eye out for new healthy recipes and don't be afraid to try new foods. Your body will get accustomed to whatever activity you use to stay fit so it's always a good idea to introduce a higher level of intensity or different types of exercise every 6-8 weeks to keep your body guessing and to keep yourself interested and motivated!



Source: www.webmd.com, www.healthline.com