

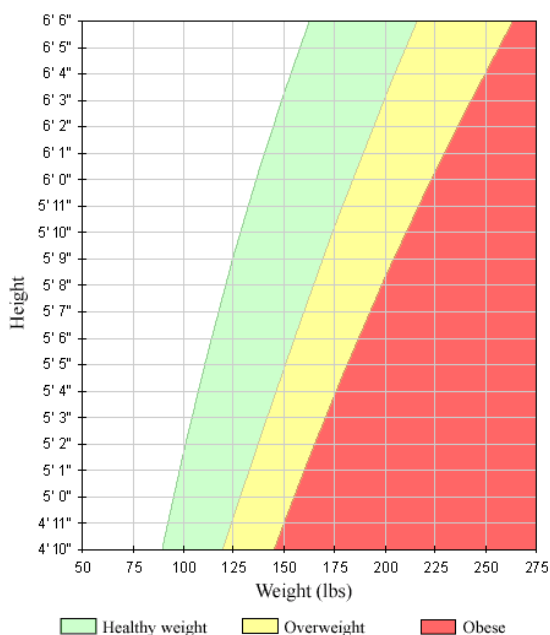
# Weight Loss Resolutions: Finding “THINSPIRATION” in the New Year

If you consider yourself to be overweight, you are not alone. Losing weight is a common, yet challenging problem. The average American gains between 7-10 pounds between Thanksgiving and New Years. Although the best the way to lose weight will depend on your individual needs, the key is often burning more calories than you consume through a combination of diet and exercise.

## CUTTING CALORIES

In general terms, for every 3,500 calories that are burned, one pound can expect to be lost. Here are some ideas for minimizing the number of calories that you consume:

- Switch to lower-calorie versions of the foods that you love. Try reduced fat/calorie chesses, sour-cream, crackers, ice cream, etc. Try light or diet versions of soda and beer. Mix your wine with a splash of low-cal seltzer.
- Cut down your portion sizes. Try splitting an entrée at a restaurant or serve your dinners on a smaller sized plate.
- Wait and see. Eat slowly. It takes time for your brain to realize that you're full. So, if you wait a few minutes before re-filling your plate, you may realize that you're no longer hungry. Drink water when hunger pains set in. If you're still hungry after a few minutes, try a low calorie snack like some fruit or raw veggies.
- Stay in. It can be difficult to lose weight if you eat many of your meals in a restaurant or on the go. If you have to eat out, then opt for wise choices like grilled chicken, vegetable dishes or an appetizer as an entrée.



## Increasing Activity

If the words exercise or work-out inspire you to create avoidance, then change your vocabulary. Find different activities that will help to burn extra calories

- Take a break from the magazines and TV shows. Get occupied with something else, or you may find this a perfect time to eat needless calories. Food is also showcased often on television which can lead to temptation.
- Trade in your power mower for a push one
- Park in the back of the lot
- Sweep the drive instead of using a leaf-blower
- Get off the bus a few stops early
- Take the stairs every chance you get
- Enjoy a post-dinner stroll



ONLINE RESOURCES  
[www.webmd.com](http://www.webmd.com)  
[www.prevention.com](http://www.prevention.com)  
[www.bhg.com](http://www.bhg.com)