



## Habits of Successful Weight Loss

In studies of people who have lost weight and kept it off, certain habits have been proven successful. These habits can help you succeed, too!

### Track your eating and activity

- Keep a food log and a fitness log. This can help you track your progress and spot trends.

For instance, you might notice that you buy unhealthy food from a vending machine when you work overtime. To solve this problem, you could pack your own healthy snacks. Or you might notice that you skip your workout when your grandchildren visit. To solve this problem, you could do something active with them, like playing Frisbee.



### Adopt healthy and realistic eating habits

- Choose healthy habits that you can stick to over the long term.

This will help you stay at a healthy weight. For more ideas about healthy eating, visit Healthy Eating for a Healthy Weight ([http://www.cdc.gov/healthyweight/healthy\\_eating/index.html](http://www.cdc.gov/healthyweight/healthy_eating/index.html)).

- Be consistent.

Plan ahead for holidays, trips, and special events. This will help you stay on track with your eating habits.

- Eat breakfast each day.

This will help you make healthy choices. If you skip breakfast, you may get too hungry and make unhealthy choices.





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### Track your weight

- Weigh yourself.

Try to weigh yourself once a week. That way, you can adjust your eating and activity as needed. It's easier to get back on track when you've gained 2 or 3 pounds than when you've gained 5 or 6.

### Stay active

- Get physical activity each day.

Get at least 150 minutes of activity each week, at a moderate pace or more. That means being active for 22 minutes a day. You could break that time into smaller chunks. For instance, you could be active for 10 minutes each morning and 12 minutes each evening.

### Get support from family and friends

- Ask your friends and family to encourage you, eat healthy with you, and be active with you.

Their support can help you stay on course and cope with challenges.

### Get support from others

- Join a sports team or league.
- Join a support group—online or in person.
- Join a walking group. Or start your own.
- Take a healthy cooking class.

