



# Understanding Weight Loss: A Holistic Approach

Losing weight isn't just about eating less and moving more. Instead of focusing only on losing weight, concentrate on making your whole life healthier. Negative ideas about weight and health can make you feel bad and make it harder to lose weight. You can make healthy changes to your habits, like eating differently, being more active, and getting good sleep no matter what the scale says. Here are some practical examples to kick-start healthier habits:

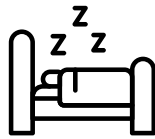
## Eat mindfully to fuel your body

- Eat when you are hungry, sit down to eat, and make your food look and taste good.
- Take your time eating, enjoy the flavours, and try to eat without distractions.
- When you feel full, stop eating to avoid eating too much.
- Don't stop eating the foods you love. Cutting out certain foods can make you want to eat them more. Every food can be part of an overall balanced diet—just be mindful of your food choices.



## Set up a sleep routine that works for you

- Keep a regular sleep schedule. Create a relaxing bedtime routine and avoid distractions, caffeine, and alcohol before bed—this can help you get a good night's sleep.
- Not getting enough sleep can make you more likely to choose high-calorie foods and snacks more often, which can lead to weight gain.
- How much sleep do you need? Most adults need between 6 and 9 hours of sleep each night, but it is different for everyone.



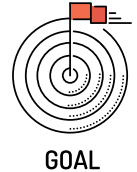
## Move your body every day

- Choose activities you enjoy! Consider things you could do with a friend, like going for a walk or trying a yoga class.
- Include physical activity in your everyday life. Take stairs instead of elevators; walk or bike when you can.
- Regular physical activity can reduce the risk of health problems and boost your confidence.



## Set goals and celebrate your success

- Tiny changes in what you do every day can make a big difference to your health, even if you don't see your weight change right away.
- The key is to make changes that you can keep doing for a long time. Set small, clear goals that you can measure and achieve (these are called SMART goals), and give yourself a pat on the back when you reach them. If you make a mistake, don't worry—just keep going. Soon, these healthy habits will feel like second nature.
- Remember to focus on only 1 or 2 goals at a time, especially in the beginning.



Here is an example of a SMART goal (Specific, Measurable, Achievable, Realistic, and Time-bound): *Dedicate 15 minutes to gardening or yard work 3 times a week.*

Remember, making and maintaining healthy changes is a journey, not a destination. Focus on progress, not perfection, and seek support when needed.

## NOTES

