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Ten tips to keep weight off for good!

Weight loss maintenance is a very important part of our weight management journey. Evidence shows that strong predictors exist for keeping weight off for good, these include: self-monitoring, having a healthy well balanced food intake, being more active, having social support and understanding our lapses and knowing what to do about them. Maintaining our weight after weight loss is not easy but is very important for our long-term health.

The list below will help keep you focused and support keeping your weight off for good.

- **Keep reminding yourself why you wanted to lose weight** and acknowledge what might still be **getting in the way of your progress**.
- **Keep planning - plan ahead** as much as possible.
- **Keep to small, realistic and achievable changes or goals**.
- **Go back over what you have already achieved**. Remind yourself of how good you have become.
 - a. *Lots of people found that keeping their daily diary got them back on track.*
 - b. *Check your meal routine is not slipping into missed or unplanned meals and also that your portion sizes are not creeping up.*
 - c. *Plan for celebrations, family events, holidays - knowing you can take part and manage your weight at the same time.*
- **Try to weigh yourself regularly** - this isn't the easiest thing to do but people tell us it helps them know where they are. It's normal to gain some weight when you are trying to maintain a new lower weight. Don't be put off by this – stay determined and continue with your changes.
- **Try to increase your activity levels and limit the amount of time you sit still**, maybe watching TV or in front of a computer or games console. Increasing your activity and reduced sedentary behaviour is key to keeping weight off for good.
- **Acknowledge any setbacks or lapses, it is normal to experience these**. Expect to hit difficult times even when you feel you are trying hard. They will happen! Try to learn from your setbacks and move forward with a positive attitude. Remember you are trying to change your habits, it won't happen overnight!
- **Stay focused and think positive** – Use difficult times as a learning experience, allowing yourself time to identify risky situations and explore triggers which may lead to slip ups in the future. Change your thinking, swap negative thoughts for more positive solutions.
- **Seek out support from family and friends** – this can be very encouraging and can help keep you motivated. Suggest ways they could help, for example being an exercise buddy – finding an activity you both enjoy and commit to doing or just offering a listening ear when difficult times arise. Remember to let family and friends know that they are really helping you.
- **Be patient and persevere!** – Remember reaching your goal weight will not happen overnight. There is no quick fix. The key to successful long-term weight loss is to remain realistic and develop ways which make your new eating and exercise habits an enjoyable way of life! Find new ways to reward yourself for all the work you are doing and to keep you motivated - e.g. new clothes, gifts or trips with family and friends.

