

New Year, SMART Weight

The 30-Day Weight Loss Challenge



30 Days to a Healthier You!

Call to sign up

Are You Ready for The 30-Day Weight Loss Challenge?

1.800.667.0993

It's that time of year again: clean slates, fresh starts and new (or renewed) resolutions. Are you making the same New Year's resolution as last year? So many of us resolve to lose weight for the New Year, but without a plan in place, it's no surprise our resolve often crumbles. Bolster your resolution by setting S.M.A.R.T. goals: Specific, Measurable, Achievable, Realistic, and Time-related to keep you motivated. Achieving any size goal feels great and sets you on track for further success.

5 Tips for Successful Weight Loss:

- 1** **Get a new reward system.** Did you have a hard week or ace that report? Did you go for a run today and feel that dessert is well-deserved? Instead of rewarding yourself with food, plan an activity you enjoy, get pampered, or take some time for yourself.
- 2** **Factor in fluids.** Thirst can be mistaken for hunger, so drink more water! Herbal teas or sparkling water with a splash of fresh fruit are smart alternatives to juice, specialty coffees, energy drinks, sports drinks and alcohol, as these can pack a lot of calories but still leave you hungry.
- 3** **Mindful munching.** Do you snack while watching TV or preparing a meal? Ask yourself, is this hunger or is it boredom? Become mindful of why you are eating. If you are not hungry, distract yourself! Keeping a food journal of what and why you eat can help empower you to break these habits.
- 4** **Shift the focus.** Counting calories is one way to look at weight management. If it works for you, great! However, for many people it can be a demoralizing process that is unsustainable in the long run. Shift the focus towards eating regular meals made from wholesome, fresh foods to nourish your body and improve your health. The benefits will extend far beyond the number on the scale!
- 5** **Accountability is key.** It's easy to make a goal on New Year's Eve and then forget about it till bikini season. Be accountable by having a timeframe attached to your goal. Mark your start date on the calendar and set a progress check a month later. Stay on track by setting reminders on your phone or computer.

Start your SMART Weight Loss Challenge by February 15th. **FSEAP Registered Dietitians** are here to help you get started. Sign up for the 30-Day Weight Loss Challenge and speak with a Registered Dietitian who can help you make a plan to achieve your **SMART** goals and adopt lifestyle changes for long-term success.

Call FSEAP to sign up to the 30-Day Weight Loss Challenge, or to find out about the other challenges in our 30 Day to a Healthier You! Nutrition series.

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