Maintain It!

Congratulations on your hard work to change your lifestyle and lose weight! The next step is maintaining your new weight.

Weight maintenance requires continuous engagement to make healthy choices. Research shows trends in common behaviors from those who have successfully maintained their weight loss.

1.) Regular self-monitoring, including weighing yourself weekly and keeping a food diary.
2.) Continuing habits established during weight loss, most notably, increased fruit, vegetable and water intake, portion control and limiting splurges.
3.) Expect challenges or setbacks and don’t allow avoidance or denial of weight regain take control. Instead of viewing it as “hard” or a “failure”, look to see what needs to be changed or how you have slipped into old patterns. Establish small goals to get back on track and use self-encouragement and action steps to reverse weight gain.
4.) Find reliable support. During weight loss, people notice changes you are making and changes in the way you look. This is not always present during maintenance. Identify a support system you can rely on when your motivation wanes.

If you have any questions about the information in this article, please email wellness@carehere.com.

Sources:

Tobacco Cessation TIP!
Did you know that if you smoke 1 pack per day you can save $2000 per year by quitting smoking?
Have you ever experienced the frustration of putting in effort to lose weight only to put it back on after reaching your goal? Exercise may be your missing link! While healthy eating is key to reaching a healthy weight, exercise plays a role as well. Once at goal, exercise is needed to maintain your new weight. The amount may seem daunting at 250 or more minutes per week (that’s equal to 50 minutes 5 days a week). It’s best to start exercise as you change your diet so you can gradually work up to the recommended amount.

Make It Last:
• Find exercise you enjoy. Think outside the box: dancing, yoga, gardening, hiking, etc.
• Aim for 250 minutes or more per week of moderate-intensity exercise. This means your heart rate and breathing increase, but you should still be able to hold a conversation.
• Keep in mind exercise even without achieving weight loss still drastically improves health!


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JANUARY TEACHING TUESDAYS!

Join the CareHere live webinar on January 14th at 10:30-11:00am MT/11:30am-12:00pm CT/12:30-1:00pm ET to learn more!

Popular dieting myths, body metabolism and how stress, hormones and other factors may affect our eating behaviors and body weight will be discussed.

Here’s how to view the Teaching Tuesdays!
• Go to www.carehere.com and log on with your username and password.
• At the left-hand side of the screen, click the CareHere Connect button.
• Go to the “Library tab” on the main screen
• Go to the box that says “Next Live Webinar”
• Click the “Join” button

Recorded versions of this presentation will be available in the CareHere Connect library.
CareHere Kids Cubby!

Introducing CareHere Kids
We want to introduce you to the CareHere Kids! Each quarter you will meet a new CareHere Kid who will teach you healthy habits that you can share with your friends.

Meet Healthy Heather
Healthy Heather loves eating fruits and veggies. She loves to have a colorful plate of food at dinner! After a long day of playing outside in the sunshine, Heather’s favorite things to drink are milk and juice! Heather likes to set a good example for her friends, and teach them that eating healthy is good for you!

Parents: Tips for Raising Healthy Eaters

• Make family mealtimes a priority and model healthy eating behavior. Children learn by watching what and how we eat.
• What’s served is served. No need to prepare special meals for kids, healthy food can be shared by all.
• Eliminate food battles by only keeping foods in the home that you are comfortable with your kids eating.
• Have healthy snacks available between meals – cut up vegetables and fruit, berries, nuts, homemade soup, yogurt, hardboiled eggs, smoked salmon, etc.
• Don’t get discouraged if your child dismisses a new food. It often takes 10 or more exposures to a new food before a child accepts it. Keep offering healthy choices.
• Don’t use food as a reward...or a bribe or a punishment. Valuing certain foods more than others can create psychological attachments that are difficult to reverse later in life.
• Involve children in shopping for, growing and cooking food!