

Eat well for life



Everyone has a “secret” for losing weight. There are a million claims about the best way to do it. But too many people get trapped on the “dieting cycle” that has them losing weight, then gaining the pounds back again. The key to keeping weight off for good is changing your eating habits and your lifestyle. That’s the secret that really works!

The Dieting Cycle



5 steps to a healthier you

1. Try not to label foods as “good” or “bad.” But be aware of how you feel when you eat certain foods.
2. Expect setbacks. Plan for them and be kind to yourself.
3. Develop a support system. Have a friend, loved one, or fellow employee to talk when you need help.
4. Know that there is no wrong or right way to eat. It is finding what works best for you in the long run.
5. Be moderate when making food choices. There are no worst or best foods.



The information is general in nature and is not a substitute for professional health care. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or for complete health information, please see your doctor or other health care provider.

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What gets you fired up about losing weight? Check the one (s) that apply to you:

External causes

- Pressure from others
- The way you look
- Diet trends
- A life event (wedding, reunion, etc.)

Internal causes

- Self-confidence
- Energy level
- Health
- Poor nutrition

If you chose only external factors, remember this. **The factors that encourage us internally are the best. They can be more successful in helping us achieve long-term behavior change!** What gets us fired up about losing weight is often different from what triggers us to eat. Our own emotions can cause us to grab for a snack or fill our plate for a second helping when we aren't even hungry.

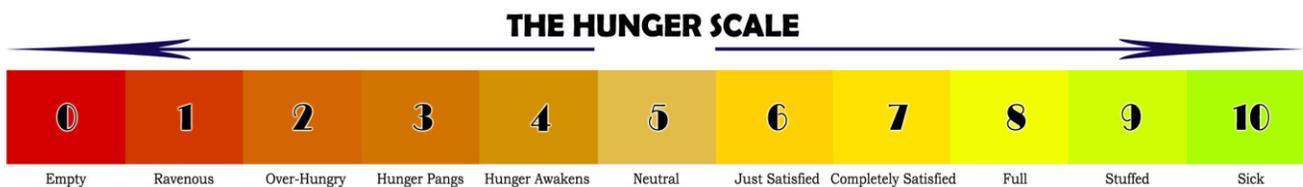
What triggers you to start eating? Check the one (s) that apply to you:

- Social outing
- Holidays
- Stress
- Celebration event
- Bored
- Sad or upset
- Watching TV
- Just because it's there
- Food cravings
- Buffets
- Need to clean your plate
- Surfing the internet

Many of these triggers to eat are not caused by feelings of hunger at all. It's our mind telling us to pick up the food based on our emotions! It's important to learn to recognize WHY we are eating and what true hunger feels like.

What rating on the hunger scale would you say is typical for you?

- a) Before a meal? _____
- b) During a meal? _____
- c) After a meal? _____



Congratulations! You now have more insight into the reasons behind your eating habits and why you want to lose weight. Are you ready to move forward with setting a goal?



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