

---

## 8 Ways to Lose Weight for the Summer

People typically put on extra pounds during the winter and are anxious to shed them for the summer. If you have tried to lose those extra pounds with no success or have been on a diet roller coaster, it is time to try the following healthy weight loss principles. Before beginning a rigorous weight reduction program, consult your physician.

1. Be persistent and persevere. Giving up at any point after you start will waste time and energy.
2. Set realistic weight loss goals (approximately 1-2 lbs per week).
3. Keep a record of your eating and activity pattern to help you determine what habits need to be changed.
4. Substitute new and healthier behaviors in place of old bad habits (e.g. instead of eating a heavy supper and light lunch, try the reverse).
5. Take time to plan meals instead of relying on fast food or junk food.
6. Incorporate more physical activity into your day, e.g. take a walk at lunchtime, and use the stairs instead of the elevator. Go hiking, swimming, biking etc. on weekends and holidays.
7. Balance eating and activity, avoid starving yourself or skipping meals. Select foods low in fat and sugar, high in fiber (e.g. whole grain breads and cereals, fruits, vegetables, dried beans, tofu, fish, skinless poultry, fat-free dairy products).
8. Establish a support system with friends and family or join support groups.

To help you set up a safe weight loss program, consult your doctor and/or a registered dietitian.