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# Weight Management: 10 Keys to Success

Here are helpful ways to lose weight discovered through decades of research, including the National Weight Control Registry's report of more than 10,000 successful people who have lost and kept off 30 or more pounds (often much more).

## 1. Find an eating plan that works for you.

Low-carbohydrate, low-fat, Mediterranean, or other diet patterns work well for many people. No one diet is best for everyone. It may be helpful to work with a dietitian or another healthcare provider or to follow a weight loss plan with a friend.

## 2. Limit some foods.

Regardless of which eating plan you follow, some foods may make it harder to lose weight. Start by limiting sugary drinks (like soda and juice), fast food, junk food, and sweets. It's OK to have these once in a while, but it will be easier to lose weight if you limit how often you have these foods.

## 3. Think of using convenient "meals."

People who use foods like protein bars or shakes, prepared meals, and even frozen meals often lose more weight. These foods make it easier for many people to stick to a diet plan.

## 4. Write down what you eat.

This can help you pay more attention to what you are eating and help you make healthy choices. Some studies show that people who do this lose up to 10 times more weight compared to those who don't.

## 5. Commit to an exercise plan that you enjoy.

The goal is to move more; whether you set aside a time every day to exercise or aim for a few minutes here and there, every little bit helps. If you have not been active, start slowly and aim for 10 minutes a day. Pick something you enjoy, such as walking outdoors, sports, dancing, or a group exercise class. Ideally, build up to 20 to 30 minutes several days a week. It helps some people to find a personal trainer or exercise group.

## 6. Weigh yourself regularly.

Weighing once weekly works well for most people. If your weight isn't going in the right direction, it's better to catch it early so that you can rethink your strategy or reach out for help. Try not to judge yourself based on the number; instead, think of the number on the scale as useful information that can help guide you.

## 7. Ask for support and guidance.

Support helps us to stick with our plan when it gets tough. Doctors, nurses, dietitians, counselors, and other healthcare professionals can be great sources of guidance and support. Group support can also help. This can include weight loss programs, the YMCA, or even online support. Don't be tempted to cancel an appointment if you're struggling—this is the best time to reach out for help.

## 8. Reduce stress and get a good night's sleep.

Stress and too little sleep can make you hungry and cause you to gain weight. In some cases, meeting with a sleep specialist or a counselor can help you learn to manage stress and/or improve sleep.

## 9. Ask your healthcare provider if medicine you are taking causes weight gain.

If your medications are making it harder for you to lose weight, ask about switching to another medication. If there are no better options, talk to your healthcare provider about taking that medication at a lower dose and/or for a shorter amount of time.

## 10. Consider weight medications and bariatric surgery.

If your weight is causing health problems or you have already tried many times to lose weight, talk to your healthcare provider about medications for weight loss or bariatric surgery.