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Healthy Weight Loss Tips for Women: 5 Ways to Staying Slim

By **Katie Jay**

So congratulations! You've lost some weight! Now, how do you keep it off?

When you've spent weeks or even months striving and sacrificing, you don't want to have your spirits sink as you see the scale start to go up. For most of us, regardless of our weight loss method, weight regain is a real possibility. But is it inevitable?

Follow these five sure tricks, and your scale will stay put:

If you gain a pound, lose it! People who are successful at maintaining a weight loss weigh themselves at least twice a week. Pick regular times of day, and regular days of the week, to weigh and keep a chart. If you find you're up a pound or two, follow a healthy and structured food plan until the extra weight comes off again.

Have planned snacks instead of grazing. To combat rampant, spontaneous snacking, plan a couple of balanced snacks every day that you can measure out and enjoy. Be sure to include some protein and complex carbohydrates in your snack. If you feed yourself a bit more frequently, you will be less likely to graze mindlessly.

Balance your treats with healthy choices. You can have an occasional treat, but you can also have an occasional healthy choice. Keep the treat small so that you don't get a big sugar or unrefined carb "rush." And if you must eat sugar or an unrefined carb, eat a little protein with it so that your blood sugar doesn't crash and cause cravings for more of the same.

Admit your trigger foods and avoid them. All you have to do is look at certain foods and you know

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you'll eat them. Don't keep any snack foods in plain site around your house. Put them away. If you find yourself going to the cupboard or refrigerator to peruse the snack items, you'll need to keep the trigger foods out of your house altogether.

Experiment and use the tools that work for you. Many dieters hate the act of writing down what they eat. Some dislike exercise. Others abhor weighing and measuring their food. Still others will not give up sugar and unrefined carbs. You need to be honest with yourself, though. These tools are proven to work. So, experiment with all the tools available to you and use the ones that work.

Weight regain is not inevitable, but you need to take action to avoid it. Apply these solutions to your life and you will find weight maintenance to be simple and satisfying.

Katie Jay is the director of the National Association for Weight Loss Surgery; a certified life coach, and author of the courageous book, "Dying to Change: My Really Heavy Life Story, How Weight Loss Surgery Gave Me Hope for Living." For more information on the National Association for Weight Loss Surgery, see

Ebook on Fast, Healthy Weight Loss by exercise Physiologist, Greg Landry.

Tips for Weight Loss

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For a healthy body, it is very important to have ideal body weight. Try to reduce your weight gradually. If you lose weight quickly, you will gain it back fast and sometimes even more! Quick weight loss is not the answer to obesity.

Given below are some tips for weightwatchers. You will lose weight gradually and become fit over a period of time.

Tips for Weight Loss

Reduce fat: Fats have more than twice the calories than protein or carbohydrate! Our body converts excess dietary fat to body fat.

Limit sugar & alcohol: Foods with a lot of added sugar and alcoholic drinks are just empty calories.

Drink at least 8 glasses of water every day.

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Eat plenty of vegetables, fruits, & whole grains.

Eat slowly: You eat more if you eat fast, as it takes about 15 minutes for our brain to get the message from our stomach that we have eaten enough.

Include a low fat protein-rich food like tofu, beans, eggs, and low fat milk, yogurt or cottage cheese with every meal.

No prepackaged foods, powders, or bars will make you slim.

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