

Dieters Checklist for Choosing the Right Weight Loss Program

How to avoid Dieting Habits and Behaviors that don't work

It's old News that 95% of diets don't work. The reality of dieting is that people do lose weight, but they gain it all back, and then some. Let's understand the cycle better, the diet industry makes millions of dollars from this human behavior, and have no intentions of breaking this marketing cycle. Meanwhile, our society is blaming the poor dieter for their lack of willpower and their lifestyle. You say, you have a strong will, and that you're motivated because you're uncomfortable with how you feel and look, meanwhile you still struggle with weight loss. Why?

Do YOU have any of the following dieting behaviors that cause weight loss failure?

- Dieters who are significantly overweight are more likely to have health issues with their metabolism, imbalances in blood chemistry and often give up easily.
- Dieters who think and act as if a temporary change will have permanent results.
- Dieters who say they have good dietary habits, stay the same weight without a gain or loss.
- Dieters who try unrealistic programs that restrict caloric intake to 800 calories a day, cut out major food categories, and stop you from enjoying your favorite foods.
- Dieters who are forced to buy the company's foods and supplements instead of showing you how to concentrate on an eating plan, and foods from the grocery store.
- Dieters who are vulnerable and desperate for fast results will easily trust programs than promise losing more than the recommended allowance of 2 pounds per week.
- Dieters who are unable to commit to a mind set to make a lifestyle change.
- Dieters who struggle with temptation. If you are tempted by potato chips, don't buy them.
- Dieters who are not willing to menu plan and meal prep often struggle with temptation.
- Dieters who don't calculate macronutrients using food Labels and food Apps
- Dieters who constantly make excuses.
- Dieter without a positive support system will likely continue to struggle with weight loss.

Checklist to help you prepare for serious dieting;

- Do not shop when you're hungry
- Make a grocery list and stick to it
- Keep a food diary
- Make more healthier choices
- Be proud of your choices and progress
- Avoid temptations of Specials and Sales
- Stick to a Menu Plan with Grocery List
- Stick to a weekly or biweekly food budget
- Purge your kitchen – get rid of all the junk
- Ignore family complaints – be positive, teach it's healthier
- If you don't have family support, don't even start
- Motivation – what will keep you going?
- No matter what food you are tempted with ask yourself "Is it worth it"?
- Make a commitment to life-long changes?

- Start out slow, just start and keep going
- Make sure you find a physical activity that you enjoy and can stick with
- Remember this – To control weight you need to exercise!
- Increase LEAN muscle mass – muscle burns more calories than any other part of your body
- Be patient and consistent - remember why your started
- Emphasize fresh foods wholesome foods
- Limit you intake of Saturated fats at all times
- Eliminate or drastically cut down on refined sugars
- Cut down of sodium and salts
- A healthy metabolism must have a large amount of water daily
- Beware of fad diets and false promises
- Take charge of your own body, health conditions and mindset
- Self-talk – tell yourself you can and you will succeed

Checklist for selecting the RIGHT program for successful weight loss;

- Does the program encourage you to lose weight the healthy way?
- Can you ask question before you start?
- Does the program encourage a gradual weight loss of 2 pounds a week?
- Does the program encourage vegetables and fruit, whole grains, low fat dairy, lean meats and meat alternatives?
- Will you have a clear understanding for Good Fats and Bad?
- Is the program flexible and does it allow you to eat the foods you like?
- Does the program offer components of education for motivation?
- Does the program encourage you to be active and have a physical activity Log?
- Does the program have a tracking system to measure accountability and progress?
- Does the program have a support system to help you long term?
- Does the plan suit your lifestyle?
- Does the plan support your health conditions (Diabetes, High Blood Pressure, Obesity, and Heart Disease)?
- Can you see yourself following a Plan of Action for your goals?
- Can you manage and monitor an eating plan for accountability?
- Will you be able to continue the program after the program?
- Will you enjoy the healthy changes, instead of just enduring them?
- Does the program offer a follow up plan or system to maintain success?
- Is the program companionate about your struggle with weight loss?
- Will the program include behavior modification techniques for changing old habits, coping with temptation and guilt?

DrPenny Weight Loss Services Inc. info@drpenny.ca