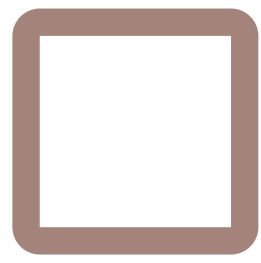
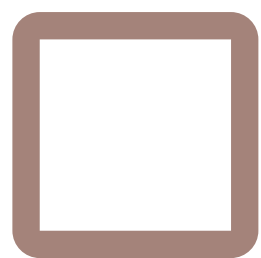


Evidence Based Weight Loss: Behavior Modifications



1 Encourage whole household participation

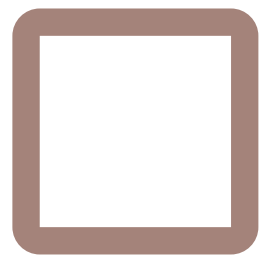
- **Exercise together** on walks, jogs, or other activities
- **Dietary changes together** are easier to hold each other accountable and maintain



2 Optimize eating out

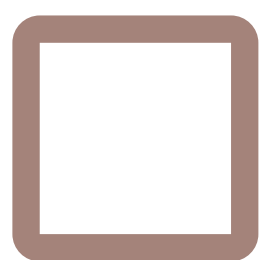
- Avoid fast food
- **Do not skip meals** before eating out
- Choose a restaurant with **healthy options**
- Ask for dressing and gravy **on the side**
- Optimize portions by **splitting a meal**

Reduce Emotional Eating



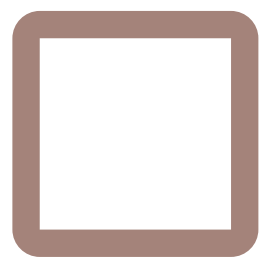
3 Stress management can help reduce and eliminate eating as an emotional coping mechanism. **Meditation, exercise, progressive muscle relaxation techniques** and more can help control stress.

Avoid sweet sugary drinks



4 Replace sodas, juices, energy drinks, sweetened iced tea, and milk with **water, unsweetened iced tea, and diet/zero calorie drinks**

Miscellaneous



5

- Limit snacking by **chewing gum**
- Reduce screen time
- **Avoid grocery shopping** when you're hungry

Realistic Goals I Can Work Toward

Sources:

- <https://www.aafp.org/pubs/afp/issues/2016/0901/p361-s1.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772897/>

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