

Evidence Based Weight Loss: Maintenance



Continue healthy eating

- Follow your healthy eating pattern
- Keep your eating patterns consistent
- Continue to keep track of your meals with a food journal
- 78% of people that lose weight and keep it up eat breakfast every day

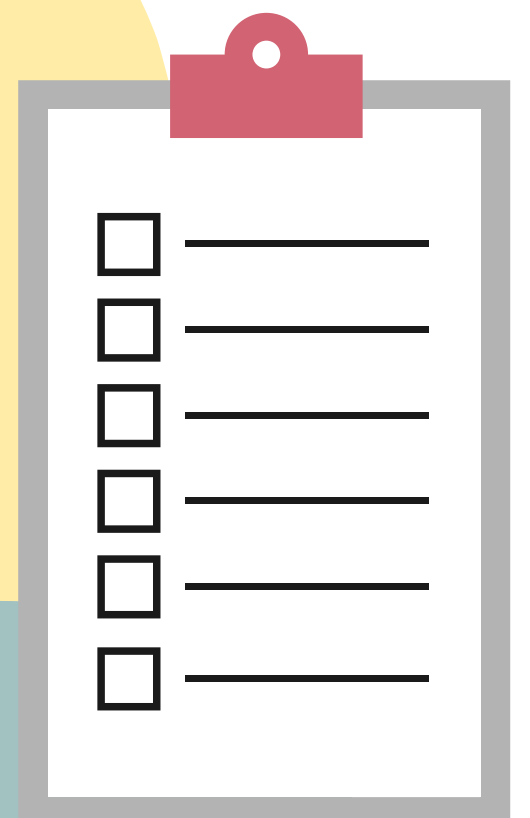
Continue to be active

- 94% of people that lost weight increased their activity, mostly with walking
- 90% of successful weight loss participants exercise on average one hour per day



Keep track of your weight

75% of those successful with weight loss weigh themselves once a week

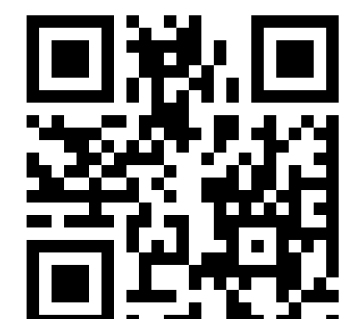


Continue to maintain healthy behaviors

- Use your support system
- Avoid binge eating
- Avoid eating in response to emotions or stress
- 62% of successful participants that lose weight watch less than 10 hours of TV per week

Sources:

- https://www.cdc.gov/healthyweight/losing_weight/keepingitoff.html
- <https://www.aafp.org/pubs/afp/issues/2010/0915/p630.html>
- <https://www.aafp.org/pubs/afp/issues/2016/0901/p361-s1.html>
- <https://www.aafp.org/pubs/afp/issues/2001/0601/p2185.html>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4772897/>



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