



7 Tips for Weight-Loss Success Throughout '07

Whether this is your first attempt at shedding a few pounds or it's your yearly weight-loss resolution ritual, we have a few tips to keep you on track and focused throughout the coming year.

1 Move it to lose it.

Incorporate more movement into your everyday routine and you won't need to set aside as much time to exercise. Take the stairs rather than the elevator. Park farther away. Walk over to your co-worker rather than calling or emailing. These small efforts can yield big results.

2 Remember why you're doing this.

We all have our reasons for wanting to lose weight, but it's important to keep them top of mind. Take a postcard and write down your main reason for wanting to shed the pounds. Place it in your drawer or hang it at your desk and refer to it anytime your motivation needs a boost.

3 Create a "goodies" drawer that is good for you.

Rather than hitting the vending machine, create your own stash of healthy snack options. Include a variety of sweet and salty low-fat, low-calorie foods so that you'll always have a healthy alternative to fit your mood.

4 Visualize your success and reward your efforts.

Use your creativity to create a visual display of your accomplishments, like a paperclip chain to hang at your desk. For every pound you lose, add one more paperclip to the chain, and watch your success grow. Set some reward goals for added motivation—buy yourself a non-food gift (cd, flowers, a new pair of jeans) every five or 10 links you add.

5 Make it a group effort.

The workplace offers a great opportunity to build your own personal network of support to share your weight-loss journey with. Get everyone involved by holding weekly pot-luck lunches with healthy dishes or create a recipe swap of tasty low-fat meals with your co-workers. Look into forming a walking club at lunch or on break, so that you can add some extra movement into your day.

6 Create a "take-out" strategy.

If you don't bring your own lunch to work every day, then it's important that you plan ahead. Create a reference sheet of restaurants in the area, with a listing of your favorite healthy dishes from each. When the office gang says they're ordering out, you'll be able to make a quick decision on the best food option from whatever restaurant they pick.

7 Watch yourself change.

Pictures speak a thousand words, but they can also be extremely motivating. Take a photo of yourself when you start your weight-loss efforts and then do a re-shoot every 10 lbs you lose. Hang the series of photos up and you'll have a great display of your accomplishments and a great visual to keep you motivated.

