

Dietician's Corner

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IT'S TIME FOR A FRESH START

By Amanda Thul, RD, LD

If you've tried losing weight and either couldn't lose weight or regained everything you've lost PLUS some, you're not alone. Despite what we're told, weight loss isn't as simple as eating less and eating less isn't as simple as people make it out to be!

Majority of weight loss programs out there are designed for you to fail. It isn't a matter of needing more self-control or having a food (or sugar) addiction. There is a reason the wellness industry is a 5.6 trillion-dollar industry. Ever notice that it's never clear exactly why some foods have zero points and others have lots on popular point tracking plans? What about the plans that include premade food, bars, shakes...etc? Yes, they can be a great tool for weight loss but what about if you don't want to eat those the rest of your life to maintain your weight loss? Most programs don't give you the education and skills to succeed on your own or help you transition off of the diet plan.

Attempting weight loss on your own can also be confusing and overwhelming. There are so many differing opinions out there on the best way to approach weight loss. Do you eat carbs or not? Is it okay to eat before bed or do you need to fast at least 12 hours? What about snacking? Am I tracking calories or macros? It's enough to give up before even getting started. Some weight loss advice can be harmful to both physical and mental health.

It's time to approach weight loss in a new way with a Fresh Start. I have a new 8-week weight loss program, Fresh Start. How is this program different than all the others? The program is designed to give you the knowledge, skills, and resources for you to have successful weight loss even after the 8 weeks is done.

We talk about more than just food. Everyone knows following a restrictive diet works short term but not once life happens, so we ditch the dieting approach. We focus on thoughts, behaviors, and attitudes around food and eating. You will learn to identify your hunger and fullness cues, learn more about why you're eating and recognize eating patterns that might be helping or getting in the way of your weight loss goals. Learn different strategies to get into a calorie deficit besides just "eat less". We focus on nourishing your body, not depriving it. This program is also aimed to help reduce food noise and help you feel confident and in control about and around food.

What if you've started a weight loss medication, can you still do the program? Yes! Research tells us that lifestyle changes are still beneficial and promote additional weight loss. Healthful approaches to weight loss are just as important when taking medications to promote safe weight loss for both your physical and mental health. Learning and understanding your eating patterns and behaviors and how to align those for your goals is especially vital if you're on a short-term medication or may need to stop the medication in the future.

Fresh Start meets weekly for 8 weeks and then participants have access to join a FREE monthly support group. So, you're never completely alone on your weight loss journey. There is a one-time fee at the beginning of the program and you'll never be asked to pay anything after that. No small print, I promise! For more information or to get your name on the list for the next Fresh Start course, call me (Amanda) at 515-332-7608.

Have More Questions?

I'd love to help you weed through the nutrition pseudoscience and get to the answer.

Reach me at the hospital at 515-332-7608.

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