



TEN STRATEGIES

for promoting healthy eating and safe, permanent weight loss

NUTRITION TOGETHER™

1 Eat healthy to stay healthy.

It is well known that what you eat has a major impact on your health. Studies show that people who eat an unhealthy diet (loaded with fast-food meals, sugary drinks, high-fat snacks, lots of desserts/sweets, and low in fruits and vegetables) have significantly higher rates of chronic disease such as high blood pressure and heart disease.¹ The most successful programs for promoting healthy eating provide clear and uncomplicated nutrition advice.² Nutrition Together makes it easy to make more nutritious food choices by showing you how—using a “this is a healthier choice than that” food graphic system.

2 Lose weight at a safe rate.

When it comes to losing weight, and keeping it off, slow and steady wins the race. Weight lost too quickly often returns—and sometimes with unwanted additional pounds. The safest diets promote weight loss of no more than 2 pounds (or 1% of total body weight) a week. Losing weight at such a rate reduces risk of health problems associated with more rapid weight loss (more than 3 pounds per week).³ Nutrition Together offers a calorie-controlled nutrition plan that when combined with the Fitness Together exercise program results in a safe and effective rate of weight loss.

3 Learn how to control emotional eating.

Experts estimate that 75% of overeating is caused by emotions. Successful weight losers have learned to apply behavior modification tools to deal with emotional overeating.⁴ At Nutrition Together we help you identify what triggers your emotional eating and teach you healthful techniques to help manage these emotions.

4 Control calories and portions.

Research has proven time and again that to lose weight, the laws of physics still hold true: Eat fewer calories than your body expends and you will lose weight, regardless of the percentage of carbohydrates, fat, and protein in the diet.⁵ At Nutrition Together we use a simple calorie translation system (food weights) to teach you which foods are “heavy” and which are “light.” You can still eat the foods you love and lose weight as long as you stay within your daily food weight goal. However, we suggest that you follow the Nutrition Together 10 healthy eating guidelines each day to ensure you have the proper intake of each food group.

5 Keep a journal.

People are most successful at maintaining healthy eating habits (eating light) when they watch and record the type and quantity of food consumed.⁶ The Nutrition Together program provides a user-friendly Accountability Journal to help you track your daily eating and exercise choices. Your Nutrition Together consultant will help you stay on track by providing weekly feedback on your journal to help you discover what works for you as you progress toward achieving your goals.

6 Weigh yourself often.

Frequent weighing helps individuals lose weight and maintain their successful weight loss. Not weighing is associated with greater weight regain.⁷ The Nutrition Together program encourages private weekly weigh-ins as well as periodical body fat and waist circumference measurements to help clients reach and maintain their individualized healthy weight goal. Talk with your Trainer about the frequency (weighing) that’s right for you.

7 Receive support and get rewards for your successes along the way.

Eating healthy, losing weight, and keeping it off are difficult. People are most successful at making positive lifestyle changes when they receive weekly contact with a support person and when they are provided incentives for weight loss.⁸ Small rewards along the way will increase the likelihood that you will maintain your new healthy habits. At Nutrition Together we reward you for a job well done (no matter how small) via contests, prizes, and nonfood rewards for your accomplishments. The Nutrition Together program provides you with ongoing dual support: Nutrition Together consultants specially trained to give you personalized weekly coaching and an Internet forum to receive support from other Nutrition Together clients and health professionals.

8 Eat small, frequent meals.

The number of meals people eat per day (including snacks) is inversely associated with their body weight.⁹ Furthermore, people who eat breakfast are leaner and healthier.¹⁰ The fact is that eating frequently will raise your metabolic rate—your total calorie burn—hence it is an ideal strategy for helping you achieve your goals. At Nutrition Together we recommend the latest science-backed healthy eating guidelines; these include starting your day with a healthy breakfast followed by four or five additional meals.

9 Choose macronutrient content of meals wisely.

What type of food you select can help you boost your metabolism and stay fuller and satisfied longer. Protein, for example, reduces appetite and costs your body the most calories to metabolize.¹¹ Fiber is filling; high-fiber foods tend to be “lighter” and healthier foods, thus they are ideal snacks for keeping your hunger at bay. At Nutrition Together we recommend choosing snacks that both increase your metabolism and fill you up so that you can make wiser choices at major meals.

10 Combine exercise and diet for better health, fitness, and weight control.

The most successful programs for promoting health and long-term weight control have involved combinations of exercise and diet.¹² Balancing cardio exercise with strength training is the best prescription for promoting health, fitness, and weight control. Strength training will help you control your weight—by preserving and enhancing your muscle mass, thus increasing loss of body fat. When you gain muscle mass, you boost your metabolic rate, as muscle is more metabolically active than fat. Strength training will also help you prevent and treat numerous chronic conditions such as osteoporosis, arthritis, back pain, diabetes, and depression. Fitness Together and Nutrition Together offer the ideal combination, both approaches (healthy eating advice and exercise) under one roof: with private, personalized one-on-one workouts and nutrition guidance.

