

How to Manage Your Weight

Many people know they need to watch portions and make healthy food choices to lose weight, but find it difficult to do both. What are people who are successful at weight loss doing right?

The National Weight Control Registry is a research study that monitors successful weight loss in more than 3,000 individuals. Most of the individuals in the registry have maintained a 30-pound weight loss for five years, making them a group worth studying to learn about successful weight maintenance.

The registry reports that successful weight losers achieve their success by working out regularly, controlling their calorie intake and monitoring their weight. The average participant burns 400 calories per day from physical activity, with walking as the favored activity. In addition to activity, participants focus on healthier food choices and smaller portions.

If you're striving for long-term weight control, include regular activity and healthy food choices in your daily routine.