Sustainable Weight Loss Habits

**What to Do**

1. Stay well hydrated. A hydrated body is a happy body. Staying properly hydrated throughout each day also allows the body to make composition changes over time.

2. Increase fiber intake through fruits, vegetables, whole grains, and beans. Eating a variety of fiber rich foods helps keep us feeling full and helps to maintain a healthy gut microbiome. This has been linked to long term weight loss.

3. Be aware of portions sizes. Aim to make half of your plate/meal prep container produce, one quarter whole grains or starches, and one quarter quality protein.

4. Eat before and after each training session. Even a small snack. Your body needs carbohydrates for energy to work hard and protein to recover lean muscle. Skipping these fueling opportunities will not lead to weight loss and will compromise your training.

5. Consult a Registered Dietitian for all nutrition concerns. Your coach, teammates, friends and family, or the internet will not provide evidenced based information that is specific to you. Only and RD can provide that for you.

**What Not to Do**

1. Drinking too much or too little water makes it difficult for the body to adjust to body composition changes.

2. Starve yourself, skip meals, or replace meals with shakes. Consuming too few calories is just as detrimental as consuming to many. Neither will lead to long term weight maintenance.

3. Count every single calorie that goes into and out of your body. It is helpful to understand roughly how many calories you require and how many calories are in foods you eat frequently. But it is an inexact science and cause more stress than pleasure in eating. Be mindful of your food choices but do not obsess over it.

4. Restrict carbohydrates and eat excess protein. Eating too much protein will be stored in the body just like extra fat and extra carbohydrates will. A low carb diet is a low energy diet and will not improve athletic performance. Choose whole foods like fruit, vegetables, beans, and whole grains.

5. Take any supplements that promise weight loss. They will not help you achieve a lifelong healthy weight and will not make you healthier. They can cause damage to you digestive track and can cause dehydration and/or malabsorption of nutrients.