Goals: Do you know where you are going?

Step Up to Slim Down
Mandy Conrad, MS, RD
Weight Loss Statistics to Ignore!

- Don’t pay attention to the negative statistics!
  - Have you heard that 95% of all diets fail?

  This can happen after many, unsuccessful weight loss attempts!
Why should you ignore it?

Unsuccessful weight loss attempts can be the result of becoming a “chronic dieter” - someone who keeps looking for the next magic program, pill, or weight loss miracle!

Trying and failing – repeatedly – can lead to a low self-esteem!
Successful dieters – those who are not in the 95% just mentioned – lose weight and keep it off by following self-initiated, self-monitored approaches!

And, don’t consider a weight loss attempt a “failure” if you are not 100% successful. As with everything in life, you keep learning from experience.
Weight Loss Requires “Skill”Power

Skill requires knowledge!

To develop skills for your own personal success, you must first understand your own personal goal!
Tips for Weight Loss Success

#1 Have a Goal!

Do you have a goal?
Why did you sign up for the program?
Once again, ask yourself “why”?

What vision of your life are you trying to play out?
Tips for Weight Loss Success

#2 Claim Your Goal!

Your body is unique!
Your situation is unique!
Your motivation is unique!
Your weight is yours!!!
#3 Prepare to Reach Your Goal

It will not just happen – not by itself, not because you “go on a diet”, not because you signed up for a program!
Tips to Weight Loss Success

#4 Set Up Support!

Does anyone know your goal for a healthier life?

Will it really matter if you stick to your goals? Who will know?
Tips to Weight Loss Success

#5 Make it Fun!

Establish your Own Incentives
Reward yourself if it helps!
Starkville, MS to Pensacola, FL via US-45 S

284 mi
Other Incentives

Exercise is Medicine Walking Loops on Campus

[www.health.msstat.edu/health/loops.htm](http://www.health.msstat.edu/health/loops.htm)

There are three 1k loops, one 5K, and one 10K.
Your Personal Assessment

There is a lot of info here!
Use it to learn about your true needs!

Notice: There are more to your nutrient needs than just calories!

(Don’t focus all the details, but use it to set goals.)
Notes About Your Assessment

- All were marked as sedentary, regardless!
- These numbers are not set in stone – estimated needs will change as your weight changes!
Goals of 1-2# weight loss per week is realistic – but your goals may vary.

To lose more pounds per week, then subtract an additional 500 calories from your needs (or burn additional calories through exercise).

– Remember, one pound of fat = 3500 calories
Notes About Your Assessment

Desired weight is not set in stone! This was either determined by the software to place you in a healthy weight category, to move you to the next, leaner (but still healthy) category, or to set a realistic weight loss goal.

– I allowed for a little loss for everyone, unless you were in a category considered underweight. In that case, maintenance calories are listed to help you stay in a healthy weight range.
Where the Numbers Fall
Body Fat %

<table>
<thead>
<tr>
<th></th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete</td>
<td>&lt;17%</td>
<td>&lt;10%</td>
</tr>
<tr>
<td>Lean</td>
<td>17-22%</td>
<td>10-15%</td>
</tr>
<tr>
<td>Normal</td>
<td>22-25%</td>
<td>15-18%</td>
</tr>
<tr>
<td>Above Average</td>
<td>25-29%</td>
<td>18-20%</td>
</tr>
<tr>
<td>Overfat</td>
<td>29-35%</td>
<td>20-25%</td>
</tr>
<tr>
<td>Obese</td>
<td>35+%</td>
<td>25+%</td>
</tr>
</tbody>
</table>
## Where the Numbers Fall

**Body Mass Index (BMI)**

<table>
<thead>
<tr>
<th>Category</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>Less than 18.5</td>
</tr>
<tr>
<td>Healthy Weight</td>
<td>18.5-24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25-29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>&gt;30</td>
</tr>
</tbody>
</table>
Week 2 Challenge

Really think about the following question. Write down your answer on your weekly tracking form. Also, write down your answer somewhere you can read it each day!

Why do you want to lose weight? What is your motivation?
Lifestyle Patterns Survey

The results of the survey will be available next week. This will allow you to help pinpoint your individualized weight loss barriers!

Be here to get your results and learn more about how to eat healthy when dining out!
Questions or Concerns

Mandy Conrad, MS, RD
agc8@msstate.edu

I am in the office on Tuesday and Wednesdays. If you would like to make an appointment to discuss your situation or assessment further, make an appointment by calling 325-7539.

Marissa Harris, Graduate Assistant