

Maintain Your Weight

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Received: November 02, 2016; **Published:** November 03, 2016

To reach your ideal weight, complete the Wellness IQ on the top of this website and the Assessment Form to identify the root cause of your obesity. Health Assessment Form

5 Easy Ways to Maintain Your Current Weight So It Doesn't Fluctuate Too Much.

Are you one of those people who aren't desperate to lose weight? You might just want to maintain your current weight which is also pretty difficult when you don't have a plan, so let's look at some methods that will make it easy for you.

Check the scales every Sunday



If you want to maintain your weight you can do it easily by stepping on the scales every Sunday. You need to start by finding out what you weight right now. In 7 days, you might see a different number on your scales and you can work from there. If you're heavier than the week before you will need to eat less food the following week, but if you're lighter you will need to eat slightly more food. Just do this every week and you'll always hover around the same weight.

Trust the numbers

You will need to eat a certain amount of food per day in order to make up for the energy you lose through being alive. This will include exercise, but it can also include things like the energy your body uses to regulate your temperature. If you look online, you will find calorie calculators and it will tell you the number of calories you need to aim for every day. Just download a calorie tracking app and if you enter everything you eat on a daily basis it will tell you when you've had enough.

Eat the same food every day

If you eat the same food every day in life you will never shoot off in any particular direction. Your weight might move up and down slightly, but you won't need to buy any new clothes. Some people don't mind this and they can quite happily eat the same food all the time, but if you hate this idea you're better sticking to one of the other suggestions. If you do decide to eat the same food you must take into account any treats you have, which you can do by eating less for your next meal.

Cut back on carbohydrates

Ask anyone who has eliminated carbs from their diet and they'll tell you it's very easy to maintain their weight. They can eat as many proteins and fats as they like and they'll still not put on weight. This only happens because a whole food group is cut out and it's very hard to stuff enough meats down your throat to make up the difference. If you do still have a big appetite you just need to cut back a little on the fatty meats and everything will be okay.

Start exercising more often



You don't need to exercise when you want to lose weight, so this is the most time-consuming solution but it works. If you get into the habit of going for a run every night after work it will help burn all the calories from the snacks you've eaten throughout the day. Even if this sounds like too much hard work you should still exercise a few times per week, because even though it's not essential for losing weight it has tons of other health benefits.

Additional Healthy Eating Tips:

1. Eat foods that are filling and low in calories. That means, as often as possible, your meals and snacks should include whole grains, such as brown rice, whole-wheat bread, and oatmeal, as well as legumes, such as lentils and other beans. And do not forget to fill at least half your plate with fruits and vegetables.

2. When you eat meat, cut out fat and cut down portion sizes. Choose lean cuts of meat and modest amounts about 3 or 4 ounces per serving (which is roughly the size of your palm).
3. Avoid fried foods. Frying foods adds fat and calories. For stove top cooking, its better either to stir-fry foods in a nonstick pan lightly coated with a cooking-oil spray or to braise them in broth or wine. Baking, broiling, and roasting are also great options they add no extra fat to your meals.
4. Choose low-fat or nonfat dairy foods. Milk, yogurt, and cheese are good sources of protein and calcium, but the whole-milk versions of these dairy products are very high in fat.
5. Avoid fast foods. Hamburgers, chicken nuggets, French fries, and other fast-food staples tend to promote weight gain for two reasons. First, they are high in fat, calories, or both. Second, the value meals available at many fast-food chains are often excessively large and tempt you to overeat.
6. Avoid high-calorie, low-nutrient snacks. Chips and other deep-fried snacks are high in fat and therefore calories. But even snacks labeled low-fat are often high in calories because they contain large amounts of sugars and other carbohydrates.
7. Watch what you drink. Regular sodas, fruit juices, and, especially, alcoholic beverages are high in calories.

Volume 5 Issue 4 November 2016

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