



Does your environment support your weight loss goals?

There is more to weight loss than healthy eating and exercise!

Recognizing the manner in which your environment and the cues within it influence your habits is important to managing your weight. Even the healthiest eater and exerciser can be challenged if their environment is not conducive to their goals.

Read on to learn more!



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Promoting weight loss through your environment



We live in a society that places a lot of emphasis on food and eating. We're constantly exposed to messages encouraging us to eat calorie-heavy, fat-laden, sugar- and salt-loaded foods. Not only are these foods heavily marketed, but they're readily available and inexpensive! On top of that, our society does little to encourage or emphasize the importance of physical activity. Nevertheless, overcoming these obstacles can be easier than you think!

Set Yourself Up for Success

Try these tips to promote weight loss in your environment!

Share your goals. Letting those around you know your weight loss plans can provide you with support and accountability.

Tell your support system how they can help you. Providing them with specific examples, like "please don't eat a big bowl of ice cream around me" can help them support you better.

Surround yourself with like-minded people. This doesn't mean you have to ditch those who may challenge your goals, but finding people with similar goals can provide you with a partner in wellness and even greater accountability.

Re-organize your kitchen. Throw out foods that are too tempting. Place healthy foods at eye level and in front of unhealthier foods. Clear your counter of treats and junk food and replace with a bowl of fresh fruits and vegetables.

Overcome work challenges. Does your café tempt you to stray from your healthy eating goals? Do you find yourself heading to the vending machine or a coworker's candy jar for a pick-me-up? Plan ahead by packing a healthy lunch and snacks to avoid temptation.

Shop the perimeter of the store. Healthier foods tend to be located on the perimeter of most stores. While this doesn't necessarily mean you can't shop the aisles, avoiding them as much as you can may also help you avoid junk foods.

Keep healthy snacks on hand. Are you always hungry when you're on your way home from work or in the middle of running errands? Keep a stash of healthy snacks readily available to avoid binging on unhealthy foods.

Set a timer on your phone or a reminder on your computer to remind yourself to stand up and move around while at work.

Store an extra pair of sneakers at your desk or in your car to encourage walking on your lunch break.

Keep your workout clothes out and ready to put on to avoid skipping your workout.

Unplug from your devices and hide your screens for a set amount of time each day. Cell phones, TVs and tablets are major culprits in distracting from physical activity.

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