



Takeaways from the Nutrition Session

Led by Nutritionist Katie Marger on Monday 3/13

- Seven behaviors of Maintainers (those who maintain their weight loss)
 1. Eat a low calorie diet
 2. Eat consistently every day
 3. Eat breakfast
 4. Are very physically active
 5. Weigh themselves frequently
 6. Watch limited amounts of TV
 7. Don't let a small weight gain become any bigger

- Living a healthier lifestyle means
 - Eating to nourish your body
 - Exercising to strengthen your body
 - Reducing stress
 - Having health sleeping habits
 - Developing self-acceptance
 - Maintaining healthy relationships

- A healthy diet consists of
 - Foods low in fat
 - Foods high in Complex Carbs
 - Limited processed foods
 - 4-5 small meals daily
 - A variety of food
 - Colorful foods

You can become a Maintainer by living a healthy lifestyle, which includes a healthy diet. This is achievable through:

1. Awareness
2. Planning, Planning, Planning
3. Mindful Eating
4. Practicing Portion Control
5. Defining Goals that are SMART