# Healthy Living- Weight Loss

Sleep Hygiene
Nutrition
Physical Fitness
Stress Management

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**Sleeping Smarter** - Lack of sleep has been linked to obesity, diabetes, heart disease, and depression. More quality sleep will boost metabolism and give you the energy to exercise. Aim to sleep at least 7.5 hours with a goal of going to bed near the same time every night to create routine and improve sleep quality. Avoid screens (blue light) an hour before bed. Avoid caffeine 6 hours before bed. Fight sleep deprivation by going to bed sooner rather than taking a nap or sleeping in. Eliminate or Decrease alcohol intake - especially before bed.
Resources: www.cdc.gov/sleep sleepfoundation.org sleepsmarterbook.com

**Nutrition** - Drink 1-2 cups of water first thing every morning (good for GI tract and helps jumpstart hydration). Eat REAL food, and choose the least processed forms of food such as fruits, veggies, whole grains and high fiber carbohydrates. Include lean protein with every meal. The bare minimum protein requirement for a sedentary person is at least 0.8 grams of protein per kilogram of body weight per day. For example, a 170 lb person should consume at least 62 grams of protein daily. Aim to consume more if active. Aim for all three macronutrients (carbs, protein, and healthy fat) for optimal fueling. Healthy fats are monounsaturated or polyunsaturated as opposed to trans-fat and saturated fat. Trying to lose weight through calorie counting alone likely leads to malnutrition, lean muscle mass loss, and a decreased metabolism. Add a multivitamin supplement into your daily routine; there is a chance you are deficient in something like Vitamin D3, magnesium, etc. Decrease the amount of calories you drink by decreasing sugary soda/juice and alcohol. Consider ***Intermittent Fasting*** to fight disease, prolong life, decrease stress, improve surgical outcomes, repair DNA, and lose weight by metabolic switching and making long term adaptive cell and body changes.
**Resources:** www.cdc.gov/nutrition www.nutrition.gov/weight-management
www.healthline.com/health/how-to-reset-metabolism

***Intermittent Fasting Plan* Options** (Example from New England Journal of Medicine 2019)

| Month | Time-Restricted Feeding | 5:2 Intermittent Fasting |
|---|---|---|
| Month 1 | 10-Hr feeding period 5 days/wk | 1000 calories 1 day/wk |
| Month 2 | 8-Hr feeding period 5 days/wk | 1000 calories 2 days/wk |
| Month 3 | 6-Hr feeding period 5 days/wk | 750 calories 2 days/wk |
| Month 4 (goal) | 6-Hr feeding period 7 days/wk | 500 calories 2 days/wk |

**Physical Fitness** - Increase overall movement and activity throughout the day by doing something you enjoy. Working out in the morning is ideal as it helps boost natural cortisol release, eliminating need for caffeine, and helps you sleep earlier that night. Go to bed early enough to wake up 30 minutes earlier than normal to weight lift, yoga/stretch, or do bodyweight supersets like push ups and squats. Adding strength training to aerobic exercise boosts your metabolism and will result in increased weight loss compared to aerobic exercise alone. Focus on getting stronger, not just skinnier. Try interval training.
Resources: www.cdc.gov/physicalactivity/basics/ www.silversneakers.com
www.nhlbi.nih.gov/health/educational/wecan/get-active/getting-active

**Stress Management** - Mindfulness exercises are a great way to minimize stress, and thankfully, a lot of these exercises can be completed in just a couple of minutes. For example, focusing on your breathing for one minute, 1-3 times per day, is a great start! Please read the links below for more details
Resources: www.cdc.gov/features/copingwithstress www.webmd.com/balance/stress-management