

# Secrets to WEIGHT LOSS

without *Dieting*

## SMALL Habit Changes

An overwhelming amount of research shows a more moderate habit-based approach is the best way to achieve lasting weight loss and health. By making small changes to your routine, one at a time, you can create a healthy lifestyle you can sustain over the long term and enjoy. This is the model the CareHere Health Coaches use. Your CareHere Health Coach can help you make these small changes in your routine.

## Willpower is UNRELIABLE for Weight Loss

Most people think in order to make a habit, they need lots of willpower. However, no one should try to rely exclusively on willpower as it is a limited resource. We start the day with a full cup of willpower, but all the decisions and hard work throughout the day wears us out and drains it away. This is why we may be all gung-ho in the morning, but by the afternoon, we don't care anymore. Let's stop telling ourselves we failed or we are weak, and only use willpower in a case of an emergency.

## Environmental Design BASICS

Instead of willpower to lose weight, let's use environmental design instead. It is a very powerful tool for weight loss and it allows us to make decisions without ever using willpower. Set up your surroundings to make the good habits easier and the bad habits harder. We are nudged by our surroundings to make good choices.

## SUPERMARKET STRATEGIES for Weight Loss

The most important way we can use environmental design to control our weight is at the supermarket. Our best and worst eating habits start there. If you don't buy it, you can't eat it. This goes for the unhealthy and healthy foods. If you don't buy ice cream, you can't eat it. Conversely, if you don't buy an apple, you also can't eat it.

- The longer you are in a store, the more you will buy. Bring a list, set a timer, and try to make it through the grocery store in record speed.
- Use an online shopping service. Many grocery stores now allow you to order online and then pick it up from the store. This saves time, money, and most importantly keeps you from impulse purchases.
- Eat a healthy snack before you go to the store. People who shop hungry, buy foods that are convenient, snacky, and usually unhealthy. If it

isn't possible to eat before you go, chew gum.

Gum will short-circuit your cravings. People who chew gum while shopping buy 7% less junk food.

- Walk by every single fruit and vegetable in the produce aisles. When you start shopping, you are more eager to fill your cart. As it becomes full, you become more selective. Use this to your advantage and always start in the produce aisle and walk by every fruit and vegetable. The more time you spend in an aisle, the more you buy. Seeing more produce options causes you to buy more, and with fruit and vegetables, that is a good thing.
- Set a goal to cover the bottom of your cart with produce.
- Fruit sets the tone. If you put a piece of fruit in your cart first, then your other food choices will be healthier.
- Skip aisles in the store. You don't have to go down every aisle. If you find potato chips irresistible, don't go down that aisle. The healthiest, freshest foods are on the outside perimeter of the store.
- Do not buy snacks or sweets in bulk. You may think you are saving money, but you aren't. You eat twice as much and eat the snacks twice as fast, if you buy warehouse size packages.

## FOOD STORAGE STRATEGIES for Weight Loss

We eat the foods we see first. Make foods that you want to eat very accessible, and hide foods that you don't want to eat. You may not realize it, but you make a decision to eat or not eat something every time you look at it. Make it easier to make good food decisions.

- Store fruits and vegetables at eye level in clear containers in the refrigerator. Make sure they look nice and are convenient to eat.

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- Store treats in aluminum foil, hide them in the crisper drawer in the refrigerator, put them in the freezer in the garage, or hide them in the back of a high cupboard. Make tempting foods invisible and inconvenient. Constantly seeing tempting foods when we open up a cabinet or fridge, causes mental fatigue. If you must have them around, hide them.
- Keep your kitchen clean and uncluttered. A cluttered or messy kitchen will cause you to eat 40% more.
- Put all foods and drinks in the cupboard or fridge except for a fruit bowl and /or pitcher of water. This will encourage you to snack healthy and stay hydrated.

## FOOD SERVICE STRATEGIES for Weight Loss

The third most important Environmental Design strategy to help you lose weight is how you serve your meals. With these strategies, people rate themselves just as full as if they didn't do them. In other words, you can save calories and feel as if you have eaten just as much by changing your plate or spoon.

- Serve all snacks from a small bowl or small plate. If you want to eat 19% less, never eat straight out of a package or box.
- Serve meals from the kitchen counter. Don't serve meals from the table. Most people are discouraged to get seconds if they have to get up from the table. Research shows people will eat 19% less if the food is served from the kitchen counter like a buffet.
- Put down the book or magazine and turn off the TV, smartphone, or computer when eating. When we are distracted, we eat out of habit, not hunger. We don't pay attention to how much we eat. We pace ourselves by the show or by when we are done reading.
- Using a smaller plate is a favorite tip for people to effortlessly lose weight. We judge how much food to put on a plate by how much room it takes on the plate.
- Use smaller bowls, dishes, and utensils. When it comes to bowls, plates, cups, and utensils, smaller is definitely better. By using smaller bowls or utensils, you can eat considerably less (19-42% less) and still be just as full. An easy switch is to use a salad plate for dinner, small forks and spoons, and a small 1/2 cup size bowl for cereal, yogurt or ice cream.

- Switch to tall, skinny glasses. Using tall, skinny glasses versus short, wide ones even if they have the same capacity, cause people to drink 19% less. It's an optical illusion that makes you think you are drinking more when the glass is tall and skinny.
- Use smaller serving dishes and utensils. People also eat less if their serving bowls, serving platters, or serving utensils are smaller. In fact, they may eat 53% less. Also, using tongs helps people to take less food.

## PERSONALIZE ENVIRONMENTAL DESIGN STRATEGIES for Weight Loss

What area have I been trying to rely on willpower to lose weight?

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### What can you do to stop using willpower in this area?

Instead, make the good habits easier or the bad habits harder.

**Are you eating too much after dinner?** Hide snack foods away or don't buy them. Turn off all the lights in the kitchen and keep the doors closed. Go upstairs or in your bedroom after dinner instead of being close to the kitchen.

**Are you snacking while you prepare dinner?** Chew gum or set out a plate of raw vegetables to eat instead.

**Are you eating too much at meals, getting seconds or even thirds?** Try using a smaller plate, dishing up dinner, and then putting leftovers in the refrigerator before you even sit down for dinner. Most of the time, seconds are not worth the hassle. Many times using several environmental design approaches to tame a problem area may be most effective. Identify and write down several environmental design options that you can try to gain control of this area.

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### How will you put these strategies into action?

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