7 TIPS
TO ACHIEVE
YOUR IDEAL
WEIGHT

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Weight is often a concern for many of us and I've been there before too. What we often don't talk about is the mental woes that come with being overweight, fad diets that causes us to regain the weight (if not gain more), and the massive health risks that come with being overweight. In the U.S. alone, an estimated two-thirds of the population is considered overweight or obese, putting health at risk. Because this issue is spreading throughout the globe, it is important that you know ways to empower yourself and practice a few simple steps to either lose weight or sustain your ideal weight throughout your life.

So, what is ideal weight anyway?

There are many formulas that tell us what our ideal weights should be, however, what those formulas don't include is how unique all of us are. From a more intuitive and individual standpoint, ideal weight is the weight one feels best at and can safely maintain. This approach will empower you to be your own guide versus relying on a number on the scale. If anything, I encourage you to stop looking at the scale and start looking in the mirror and at all areas of your life.

An intuitive approach to ideal weight looks at the big picture – how both foods on and off our plate affect the body. When I say on and off the plate I'm not only referring to the foods we are consuming but what we are consuming as it pertains to movement, relationships, career, spirituality, etc. This approach acknowledges that weight is only a small piece of the wellness puzzle. Placing too much emphasis on body weight alone can cause additional areas of your life to suffer in the process. It often ends up backfiring and creating a stressful relationship with food and/or physical activity or even straining relationships with loved ones.

Once again rather than getting caught up in the number on the scale, I encourage you to focus on balancing all areas of your life that you enjoy in order to naturally support a healthy weight.

To get you started on this journey, follow these tips!

FOCUS ON WHOLE, NUTRIENT-DENSE FOODS

A well-rounded diet based on whole foods can naturally help support a healthy weight. Things like healthy fats, complex carbohydrates, and lean proteins provide adequate nutrition while also contributing to satiety (the fullness factor). Fiber from plants is especially useful in supporting a healthy weight — it keeps you fuller for longer, meaning you're less likely to reach for snacks shortly after meals, and supports your gut health, which may have larger implications when it comes to weight. To ensure you're getting enough calories, you may find it easier to eat several small meals that include whole, nutrient-dense foods rather than trying to consume larger meals.

LIMIT EXPOSURE TO ADDITIVES & SWITCH UP YOUR BEVERAGES

Replacing sugar-sweetened or high-calorie beverages with water is especially useful in supporting a healthy weight as these items not only are a source of empty calories, but individuals who consume soft drinks may actually eat more calories during the day. Some compounds you're likely to encounter in your daily environment may also contribute to weight gain by affecting the body's ability to metabolize fat. These chemicals may also be referred to as endocrine disruptors. Some examples include BPA (bisphenol A), a compound found in many plastics and cans; perfluorooctanoic acid, a nonstick coating used on pans; pesticides; and phthalates, chemicals found in plastics.

If you're looking to gain weight, you should still try to avoid these substances (BPA, phthalates, etc.) since they have negative implications on your health and may make weight regulation more difficult after you've reached your ideal weight. Look instead for healthy ways to increase calories and add weight naturally through balanced meals and adding nutrient-packed smoothies in between your meals.

MANAGE STRESS

Stress may cause weight fluctuations in many ways such as when the body increases its production of stress hormones the body goes into a fat-storage mood. In looking at stress on an emotional level, stress may cause people to seek comfort in the form of food or some may have the opposite effect causing a decreased appetite. Weight loss or weight gain are two very common effects of high-stress lifestyles. One can attempt to reduce the stress in life through yoga, music, exercise, meditation or breathwork, and books or podcasts.

MODERN HOLISTIC WELLNESS

EAT MINDFULLY & DON'T SKIP MEALS

When eating, try to slow down and be present. Take a moment to be grateful for the food and try to chew each bite thoroughly. It is important to recognize that each bite of your meal is nourishing you. Picture the food entering your body and making you stronger. Do not forget or get too busy to not eat breakfast, a wholesome breakfast is crucial to achieving your ideal weight.

If you're trying to lose weight, make sure you're not getting too hungry between meals. When this happens, you are more likely to binge on the foods you're trying to limit or make impulsive food choices. To gain weight, you may want to eat smaller, balanced meals and include more snacks to add calories. Skipping meals may make putting on weight more difficult.

COOK MORE FOODS AT HOME

Not only are portion sizes larger at restaurants, which leads people to eat more, they're also typically higher in fat, salt, and sugar. Eating out can be a fun treat, but if you're getting the majority of your food from restaurants, you may be consuming more calories than you realize. Cooking at home gives you more control over the ingredients being used, which helps ensure that you're not only getting enough calories but also getting a high-quality meal prepared with love that includes all the things you want and avoids all the things you don't want.

PRIORITIZE SLEEP

Skipping out on sleep can cause disruptions in your circadian rhythms, which can increase inflammation in the body and create conditions conducive to weight gain. Sleep is your body's time to rest and repair, allowing it to be more effective during the day. Try not to eat at least 2–3 hours before bed as this may affect your sleep quality and be sure to get 7 - 9 hours of sleep per night. Sleep deprivation also causes your body to produce more ghrelin, the hormone that signals you to eat.

MOVE YOUR BODY

This one speaks for itself as working out helps relieve stress, burn calories, and give your metabolism a boost even when you're not working out. Resistance exercises and strength training can help build muscle. You may also want to consider a protein-rich snack or meal following a workout to help support muscle repair.

Last but not least, enjoy your life and make sure you are having fun with everything you choose to do!

MODERN HOLISTIC WELLNESS