



How to Lose Weight Naturally

Losing weight is not easy. We share tips on how to exercise and lose weight, how to lose belly fat and ways to lose weight without dieting.

Losing weight is not an easy task. Whether you are losing weight for health reasons, looking for a new way to lose weight as you age, just had a baby or you simply feel uncomfortable with your body, it can be stressful to come up with a weight loss plan and stick to it.

There are a million diets, workout routines, magic diet pills and cleanses that claim to help you lose weight fast and easy. However, losing weight and keeping the pounds off involves changing your lifestyle completely. Losing weight naturally requires you to kick your old bad habits to the curb and find new healthy habits you can sustain the rest of your life.

Maybe someone you know switched to a paleo diet and lost a bunch of weight. But when you tried it, you didn't enjoy it and couldn't stick to it. Or maybe a friend of yours is an avid runner and claims running is the key to a healthy weight. However, every step of a run you dread and don't find any enjoyment in it.

Losing weight depends on one thing---YOU! A weight loss plan needs to be about your schedule, your goals and what you enjoy. Here we discuss how to kick off your weight loss plan, how to eat healthy and lose weight and how to exercise and lose weight so you can identify strategies that will work for you.



How can I lose weight fast naturally?

Unfortunately, there is not a single answer on how to lose weight fast and easy. It all depends on you as a person and how much weight you need to lose. Not to mention, fast and drastic weight loss could put you in danger of a variety of health risks, which means maybe the scale numbers are going down, but your health isn't any better.

According to Jessica Moosbrugger, OrthoIndy clinical nutrition manager and dietitian, "Losing one to two pounds per week is healthy and safe for the average person. However, ask your doctor or dietitian for advice on how to find a diet that meets your needs and weight loss goals. Based on your weight and health, they can recommend a healthy and realistic plan to follow."

Although there are a million weight loss plans that promise to have you shedding pounds while you sleep, the reality is that if you want to lose weight, it will take time, just like it took time to put the weight on.

The sooner you take the pressure off of losing a bunch of weight in a short amount of time, the sooner you'll feel less overwhelmed with creating a weight loss plan that you can sustain.



5 Steps to Create a Weight Loss Plan

1. **Set realistic goals and start small:** Maybe your overall goal is to lose 100 pounds and you want to lose it in one year. The thought of that is overwhelming and maybe not realistic for where you're at right now. Instead, try making goals you can achieve and update them regularly.

Whatever you do, don't go too extreme, too fast. If you want to start exercising five times a week, completely change your diet, stop smoking and lose a significant amount of weight, choose one thing to focus on at a time before adding a new goal.

For example, maybe you want to start eating healthier and you need to break some bad habits such as eating out regularly. Make a goal to only eat out twice a week for one month. Then, when you achieve that goal, maybe you want to scale it back again, such as only eating out once a week. Or maybe you want to continue going out to eat twice a week but now you decide to give up junk food or soda for a month or switch to introducing exercise in your diet.

Setting realistic small goals will help you stay on track and feel less overwhelmed by the overall goal. Over time, many small goals will add up and get you closer to your overarching goal. It will also make you feel more empowered to keep going when you achieve your small goals regularly.

2. **Don't be afraid to try new things:** Your old habits weren't allowing you to lose weight. You will have to try new things in order to create new healthy habits and change your lifestyle.

Try new recipes, ask friends for advice on what they do to stay healthy, try new activities or go to a workout class with a friend.

It's intimidating to try new things, especially when you aren't confident in the way you look right now. But chances are, many people have also felt that way at some point in their life so you aren't alone. Take a step out of your comfort zone and you might be surprised at what you actually enjoy after all.

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5 Steps to Create a Weight Loss Plan (continued)

3. **Make a plan:** Once you have set your goals and you are starting to become more familiar with new healthy habits, it's time to come up with a plan for your schedule.

Life can get really busy. One day you might have a lot of extra time and the next you might be wondering when you will even get a chance to shower.

Whether you need to make your schedule weekly or plan it every morning, make time for yourself to plan what you will be eating and when you will fit in your exercise for the week.

On days you have to be a million places at once, it might not be realistic to find time for an hour at the gym, and that's okay. Instead, maybe you will have extra time the next day.

4. **Stick to the plan and keep track of your progress:** Making a plan is an easy part of losing weight. Holding yourself accountable is the hard part. But here is the truth of the situation, you're only cheating on the promises you made to yourself if you don't do what you planned. You told yourself you were going to work out after a long day, when you decide not to do it, you're breaking that promise to yourself.

One way to hold yourself accountable is to keep track of what you accomplished during your weekly plan. Check off what you accomplished and make note of what you didn't so you can adjust the future plan accordingly. This will allow you to see what's working and what might be holding you back.

5. **Stay positive and focus on your mental health too:** There will be days where you feel like all your hard work is getting you nowhere. That everyone else is doing better than you or has it easier. It's normal and okay to feel that way. But it's not the truth. Everyone has to work hard at something in their life.

Making improvements in your health is hard work and changing bad habits won't happen overnight. Don't forget to take care of your mental health too. Mental health is just as important as diet and exercise when it comes to maintaining a healthy lifestyle.

3 Ways to Improve Your Mental Health



How to Eat Healthy And Lose Weight

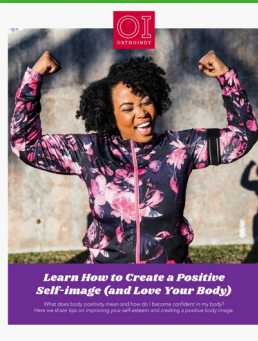
Eating healthy to lose weight is all about finding nutritious foods you enjoy that you can include in your diet for the rest of your life.

There are a lot of diet plans out there that might work for you such as paleo or keto diets, but eating healthy comes down to reducing your calories and including healthy foods like fruits, vegetables, whole grains, low-fat dairy, lean meats, seafood, beans and nuts in your meals.

Try to cut as much processed foods from your diet and look for whole foods instead. This doesn't mean cutting everything you enjoy from your diet, it's about balance.

"Every person is unique and requires different amounts of calorie intake based on their age, gender, height, weight, activity level, diagnoses and more," said Jessica. "However, there are a few guidelines that can give you an idea of what to aim for if you are a normal, healthy individual."

Dangers of Extreme Dieting for Fast Weight Loss



Learn How to Create a Positive Self-image (and Love Your Body)

What does body positivity mean and how do I become confident in my body? Here we share tips on improving your self-esteem and creating a positive body image.

Guidelines for Healthy Eating

How to Estimate Your Daily Calorie Needs

Use the following equation to estimate your daily calories:

1. Your Weight in lbs. / 2.2 = Your Weight in Kilograms
2. (Your Weight in Kilograms x 0.9 for women or 1.0 for men) x 24 or 30 if you are active = Your Daily Calories

Example: A woman who weighs 150 lbs. and does not work out:

- $150 \text{ lbs} / 2.2 = 68.18 \text{ kilograms}$
- $(68.18 \times 0.9) \times 24 = 1,472.69 \text{ calories}$

What Should I Eat?

Based on those daily calorie needs you can determine what to eat.

- Protein should be 10 to 30 percent
- Carbohydrates should be 45 to 65 percent
- Fat should be 25 to 35 percent
- Try to consume less than 10 percent of calories from added sugar and saturated fats
- Limit sodium intake to less than 2,300 mg per day

Quick and Easy Tips on How to Eat Healthy and Lose Weight Naturally

- Make healthy eating fun by trying new recipes and swapping with friends
- Avoid liquid calories such as soda and alcoholic drinks when possible
- Choose whole, fresh foods instead of packaged, processed foods
- Don't remove all food from your reach; instead, keep healthy snacks easily available so you aren't tempted to overeat something unhealthy
- Choose whole grains over refined grains for increased B vitamins, protein and fiber
- Use smaller plates so that you aren't tempted to over-serve yourself
- Remember to stay well-hydrated throughout the day so that you don't mistake thirst for hunger
- Prepare healthy meals ahead of time and freeze them for future convenience
- Try to incorporate all five of the food groups in each of your meals with half of your plate being fruits and vegetables
- Slow down, take the time to enjoy your meals and be mindful of what you're eating

Keeping a food diary so you are aware of what you are consuming and the amount of fat, carbs, protein or calories in each meal can help keep you on track. MyFitnessPal is the leading resource in nutrition tracking and is free to use; however, there are plenty of other apps out there that you can download from your smartphone app store.

A food diary will allow you to be more mindful of what you are eating and allows you to put your weight, age, activity level and more into the app to come up with daily intake goals that are specifically tailored for you.

How to Exercise to Lose Weight

Exercising to lose weight, just like eating healthy to lose weight really only comes down to finding something healthy you enjoy and will continue to do. Just like with eating healthy, you'll want to start small and try new activities that will help you stay active.

"There is not one single best exercise for losing weight," said Casey Wallace, a physical therapist at OrthoIndy. "The important thing about exercise is being active and finding a workout routine you enjoy. That way it's easy to keep exercising and doesn't feel like work."

If you don't enjoy running, don't do it. Find something that you look forward to doing after a long or busy day. Maybe that's a cycle class, an at-home workout, a long walk with a friend or a yoga class. The important thing is that you are moving and physically using your body.

Just like using a food diary to plan your meals, use your daily planner to schedule your workouts into your weekly routine. To hold yourself accountable, it may be useful to have an exercise buddy that you can meet to work out with or even communicate with to let them know what exercise you did.

If you are not already an active person or you are over the age of 45 you may want to consult a doctor before starting a new exercise routine.

10 Activities to Try to Help You Find the Right Exercise to Lose Weight

1. Yoga or pilates
2. Strength training
3. Kayaking or rowing
4. Swimming or water aerobics
5. Cycling or spinning
6. Hiking
7. Running or speed walking
8. Barre
9. Kickboxing
10. HIIT workouts

How often do I need to exercise to lose weight?

If you want to lose weight, try to do at least 200 minutes (more than three hours) a week of moderate intensity exercise. However, If you're new to the exercise bandwagon start with 50 minutes of exercise a week and work up to 200.



Pinterest is a great resource to find new workout routines that might suit your needs and schedule. After a while, you will find a workout you enjoy and hopefully something you can continue doing the rest of your life.

Once you're comfortable with being more active, it's important to switch up your exercise routine by practicing various types of aerobic and strength exercises. If you focus on a lot of aerobic activity, try adding a strength workout to your weekly workout routine. If you only do boot camp workouts, maybe try a pilates class.

In the end, losing weight comes down to being mentally healthy, exercising and being mindful of the foods you are putting in your body.



If you are injured or living in pain and unable to live a healthy lifestyle, [make an appointment](#) and let OrthoIndy's team of experts help you get normal back, whatever your normal looks like.



To help you better understand how to eat healthy, exercise and maintain a positive outlook on life and achieve your lifestyle goals, read our [Ultimate Guide to a Healthy Lifestyle](#).

