



# Harmony in Health

A series on nutrition and our bodies



Memorial Community  
Hospital & Health System

Blair • Fort Calhoun • Tekamah

# Weight Loss isn't about Dieting

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## Calories Out > Calories In

Calorie Deficit. There's no way around it, calorie deficit is the only way to get your body to burn it's own fat as energy. This can be done by calorie restriction, increased calorie burn, or both. I will tell you that by far, calorie restriction is the most effective way to get this done and it requires no exercise at all. I will dive into exercise more in next month's article.

## Why is Weight Loss So Hard?

Eat healthy! Eat less! Easy, right? It really is that simple, but it's much easier said than done. Here's why:

- Our food system promotes convenience and taste over nutritional quality
- Our food system promotes cheap and highly addictive refined flours, sugars, and salt
- Highly addictive foods cause powerful cravings, further enshrined in our lifestyle by well-established habits that we do daily without even thinking about them.
- Eating healthfully is considered "dieting" and not "normal" in our society
- Eating healthfully isn't often convenient.
- Habit change is incredible difficult and takes time and conscious, continuous effort.
- Inadequate sleep, hydration and high stress are working against us.

## Mindset is Everything

The key to weight loss and lifestyle changes is mindset. You must master your mind to master your habits which in turn help you stick with it when things get uncomfortable. And they will get uncomfortable. Embrace the discomfort, acknowledge it, and know that it will pass. Each time gets a teensy bit easier.

## Weight Loss Pitfalls

Problem	Solution
Not having a plan	Get a plan (I can help if you need this!)
Giving up on the plan because it's uncomfortable or challenging to keep up with	Get your mind set on why you want this, write it down and remind yourself daily. Plan ahead, anticipate challenges and prepare for them, talk about them with your coach
Making excuses for why you can't stick with it: travel, events, holidays, being "so busy"	Ditch the excuses. There will always be something going on. But is there anything more important than your health? The weight loss phase is temporary.
Letting old habits win the day	Work on 1 habit at a time. Replace the bad habit with a new good habit.
Not restarting the plan after failure	Restart. As many times as you have to. Your health is worth the effort.
Not having a coach or partner to help you	Find someone that has the same goal as you, encourages you, cheers for you and will hold you accountable.
Hiding your health journey from others	Share that you are on a health journey with others so they can support you.
Saboteurs: the negative naysayers	Ignore them. Remind yourself of what is best for you and your health.