



# Losing weight the healthy way

Set goals and keep your eyes on the prize



Deciding to drop a few pounds is a decision that involves more than eating well. Exercising and mindfulness play key roles, too. To help you get inspired and started in your weight-loss journey, here are some quick tips.

## Begin here

- **Talk to your doctor.** Get help figuring out what lifestyle changes are right for you based on your health history.
- **Set SAFE goals.** Specific, Attainable, Forgiving, Effective. The more realistic the goal, the more likely you are to succeed.
- **Monitor yourself.** Choose to track your weight, calorie intake or exercise. Seeing your progress can be very encouraging.
- **Be aware of your cues and triggers.** Pay attention to what makes you overeat and plan ahead.
- **Avoid negative self-talk and honor your health.** If you fall off the wagon, don't beat yourself up. Simply keep on going.

## Get extra support at the Weight Center

The Weight Center on [anthem.com/ca](https://www.anthem.com/ca) has information on fitness, nutrition and more. You'll find resources like the *Weight Management Playbook*, with great advice on healthy weight management and articles on getting active, improving sleep and reducing stress. You can even get discounts on health and fitness items. Simply visit [www.anthem.com/theweightcenter](https://www.anthem.com/theweightcenter) and log in.



#### Sources:

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## Eat with purpose

- **Honor your taste buds with food you love and that makes you feel well.** Go for healthy proteins like lean meats, fish and beans. Whole grains, fruits and vegetables are usually a great choice. Avoid trans fats and saturated fats found in red meat.
- **Don't categorize foods as "good" or "bad."** Foods simply have different nutritional content and should be combined together wisely so you get the nutrition your body needs. Think protein, fiber and healthy fats.
- **Drink plenty of water and don't drink too much alcohol.** Get as much water as your body needs, and when you're thirsty, drink up.

## Enjoy movement

- **Discover how your body likes to move.** Try different activities. If dancing is your thing, make time for it; you'll have fun and cross cardio off your list.
- **Try 10 minutes at a time.** Getting 30 minutes of activity each day is doable if you break it up into 10-minute blocks. Walk the dog, ride your bike, push your child in a stroller or head out on your own for a stroll.
- **Mix it up.** A full workout routine includes variety. Cardio keeps your heart rate up, weight training makes your body stronger and stretching improves your range of motion and stability.

## Calm the body and mind

- **Begin practicing mindfulness.** Meditation helps reduce stress and anxiety, which contribute to weight gain. To begin, try guided meditations apps or join a group in your community.
- **Practice self-care.** Putting your well-being before others can feel selfish. But simple things like getting enough sleep, food, downtime and exercise promote your overall well-being.
- **Set healthy boundaries.** Boundaries outline what behaviors we will and will not accept. Say you need quiet time to read or watch your favorite TV show alone after work. It's OK to ask loved ones to give you space. Healthy boundaries are vital for a stress-free life.
- **Find support.** If you're feeling overwhelmed by any situation, reach out to a friend or family member you trust. Scheduling a visit with a mental health professional may also help you reduce stress and learn ways to cope with life's challenges.

