

Behavior Modification Keys to Weight Loss besides what you eat and how much you move.

Research does support certain universal behaviors for people who are trying to lose weight. These include cutting out caloric beverages, avoiding a sedentary lifestyle, and focusing on food nutritious foods rather than simply on calories.

Here are some behaviors that can support efforts for weight loss and healthful eating according to Harvard Health and Mayo:

1. Know where you are starting. Keep a food and activity record for three days. Identify how often move and you are eating away from home, eating takeout, or buying food on the run.

2. Home in on your goal and make a plan. What is your goal? Do you want to lose weight to improve your health? Be specific and start small. 5% Weight Loss is a great goal.

3. Identify barriers to your goals — and ways to overcome them. Could a busy schedule get in the way of going to the gym? Wake up an hour earlier. Has an empty pantry prevented you from cooking at home? Look up some healthy recipes, then head to the grocery store armed with a list of ingredients you'll need to prepare them.

4. Identify current habits that lead to unhealthy eating. Do you relax and reward yourself by snacking in front of the TV? Do you skip lunch only to feel starved by midafternoon, ready to eat anything in sight? Do you finish everything on your plate even after you start to feel full?

5. Control your portions. Refamiliarize yourself with standard serving sizes. Did you know that one serving of poultry or meat is 4 ounces, or the size of a deck of playing cards? Or that one serving of pasta is only 1/2 cup?

6. Identify hunger and satiety cues. Be aware of physical versus emotional hunger. Do you eat when you feel something physical in your body that responds to food? Or do you eat when you are stressed, bored, tired, sad, or anxious? Try to stop eating BEFORE getting full (it takes about 20 minutes for your brain to register “stop eating” signals from your stomach). Foods that can help you feel fuller include high-fiber foods such as vegetables, whole grains, beans, and legumes; protein (fish, poultry, eggs); and water.

7. Focus on the positive changes. Changing behavior takes time — at least three months. Don't give up if you slip up along the way. Get support from others and take the time to acknowledge the changes you have made.

8. Go with the 80/20 rule. Stay on track 80% of the time, but leave some room for a few indulgences. You don't want to feel deprived or guilty.

9. Focus on overall health. Walk, dance, bike, rake leaves, garden — find activities you enjoy and do them every day. Ditch the “diet” aisle and focus on seasonal, whole, high-quality foods.

10. Eat slowly and mindfully. Enjoy the entire experience of eating. Take the time to appreciate the aromas, tastes, and textures of the meal in front of you.

Behavior Modification Research

- "Behavioral modification in the management of obesity" (2009) - This review article analyzed the effectiveness of various behavioral modification techniques in weight loss interventions. The authors found that behavioral interventions, such as self-monitoring, goal-setting, and stimulus control, were effective in promoting weight loss.
- "A randomized trial of a low-carbohydrate diet vs orlistat plus a low-fat diet for weight loss" (2010) - This study compared the effectiveness of a low-carbohydrate diet with orlistat plus a low-fat diet for weight loss. The authors found that the low-carbohydrate diet resulted in greater weight loss and improved cardiovascular risk factors, suggesting that dietary modifications can be effective in promoting weight loss.
- "Long-term effectiveness of a web-based intervention for weight loss: a randomized controlled trial" (2017) - This randomized controlled trial examined the long-term effectiveness of a web-based weight loss intervention that included behavioral modification techniques such as self-monitoring, goal-setting, and social support. The authors found that the intervention group had significantly greater weight loss than the control group at 12 months, demonstrating the potential of technology-based interventions in promoting sustainable weight loss.
- "The role of behavioral self-regulation in weight-loss maintenance: a randomized controlled trial" (2018) - This randomized controlled trial examined the effectiveness of a behavioral self-regulation intervention in promoting weight loss maintenance. The authors found that the intervention group had greater weight loss maintenance over a 12-month period, suggesting that behavioral self-regulation techniques, such as self-monitoring and goal-setting, can be effective in sustaining weight loss.
- "The effects of self-monitoring on weight loss: a systematic review" (2014) - This systematic review analyzed the effects of self-monitoring on weight loss outcomes. The authors found that self-monitoring, particularly of diet and exercise, was associated with greater weight loss and improved weight loss maintenance.
- "Behavioral strategies in weight loss interventions: a systematic review of randomized controlled trials" (2016) - This systematic review analyzed the effectiveness of various behavioral strategies, such as goal-setting, self-monitoring, and social support, in weight loss interventions. The authors found that these strategies were effective in promoting weight loss and improving weight loss maintenance.
- "Weight-loss outcomes: a systematic review and meta-analysis of weight-loss clinical trials with a minimum 1-year follow-up" (2016) - This meta-analysis analyzed the outcomes of weight loss clinical trials with a minimum 1-year follow-up. The authors found that behavior-based interventions, such as those incorporating behavioral therapy, self-monitoring, and goal-setting, were more effective in promoting weight loss than traditional interventions, such as medication or surgery.
- "The effect of mindfulness-based interventions on weight-loss-related behaviors in adults: a systematic review and meta-analysis" (2018) - This systematic review and meta-analysis analyzed the effects of mindfulness-based interventions, such as mindful eating and mindfulness meditation, on weight loss-related behaviors. The authors found that mindfulness-based interventions were associated with improved eating behaviors and greater weight loss.
- "The role of social support in weight loss maintenance: a qualitative study" (2019) - This qualitative study examined the role of social support in weight loss maintenance. The authors found that social support, particularly from family and friends, was important in sustaining weight loss through encouragement, accountability, and emotional support.