

## HOW TO LOSE WEIGHT FOR THE LAST TIME

# Maintaining Your Weight Loss

**Congratulations! You've reached your goal weight and now it's time for maintenance.**

**HERE ARE SIX TIPS FOR MAINTAINING YOUR WEIGHT LOSS PERMANENTLY:**

1

***Continue to manage your mindset***

Maintenance is the perfect time to double down on managing your mind and processing your emotions. Once the excitement of reaching your goal wears off, keep yourself motivated by being your own biggest cheerleader!

2

***Keep the same protocol for at least 18 months***

Watch for becoming overconfident or complacent in maintenance; I recommend you continue to follow your current protocol for at least eighteen months after reaching your goal before changing anything. Continue all the habits that have been so supportive of you this far.

3

***Use the scientific method to evaluate any changes to your protocol***

If and when you decide to modify something in your protocol (Ex: *stop planning your food ahead of time*) follow the scientific method: Make one change at a time and follow it for three weeks to evaluate how it works for you.

4

***Incorporate exercise if you haven't already***

Whereas exercise is not a helpful tool for weight loss, it's great for maintaining weight loss. This is a good time to add in more vigorous exercise if that's something you want to try.

5

***Regularly check in with yourself using tools like weighing daily and reviewing your food journal***

From time to time, review your food journal: What do you notice? What's working? What's not working? Plan to weigh yourself daily indefinitely – it will help catch minor problems before they become bigger issues.

6

***Don't expect your weight to stay perfectly steady***

Practically no one stays within three pounds of their goal weight for their entire adult lives. If you see some weight gain, it doesn't mean you have to get upset or beat yourself up over it. All it means is that it's time to refocus and get back to all the things that helped you lose weight in the first place.