

## Weight Loss Maintenance

### **Food Reintroduction and Long-Term Weight Loss Maintenance**

The Counterweight-Plus programme includes a structured approach to reintroduce meals (breakfast, lunch, evening meal at 2-week intervals), exploring different food choices, within about 400 kcal each meal. This leads to a new normal eating pattern with new food choices. Your new eating pattern **MUST** contain less calories than your usual intake prior to losing weight: going back to previous habits will mean you will return to your previous weight.

If you are not using the full Counterweight-Plus programme, you will need to plan this stage carefully. A local dietitian can help with this, if one is available through your GP.

**Weight Loss Maintenance:** This is often the hardest part but will become easier with time as your new habits become 'new normal'. The Counterweight-Plus programme provides structured long-term support to help avoid weight regain. Studies have shown that there are key things associated with successful weight loss maintenance:

1. Self-monitoring of weight: keep a record of your weight and weigh at least weekly. People who weigh themselves daily tend to be better at keeping to a new lower weight
2. Self-monitoring of intake: this does not mean writing things down every day but always being aware of habits is helpful. Keeping a diary at regular intervals can help when there has been any fluctuation in your

weight. This helps identify any changes in your habits which may need to be addressed e.g. starting to snack at night .

3. Keeping to a lower calorie diet than you were accustomed to prior to losing weight. When starting on your new plan do weigh out food items as often it is the quantity of food eaten that is the problem.
4. Physical activity. People who are successful in keeping to a new lower weight tend to be more physically active. There are many options available to help monitor levels of physical activity such as step counters, mobile phone apps and activity monitors worn on the wrist.
5. Social support: people do better when they have a supportive partner, friend or family member.
6. Act quickly if you notice any increase in your weight. Everyone has periods when weight is liable to rise, and that can be very demoralising. You must work out strategies for events like holidays, and parties to avoid regaining the weight. If you do start to regain weight, it is essential to spot this quickly and act to minimise regain. So, **weigh yourself at least weekly**. If your weight rises by 2kg or more, get back onto a strict diet such as the Lean Team No Doubt Diet or Flexi Plan and bring it down again. Also think about what happened to lead to the weight regain and plan for any similar situations which may happen again.
7. Some people find that by taking one meal replacement per day (at a meal of their choice) can help.
8. As well as low-fat diets, other diets plans or alternative approaches, listed below, can help depending very much on individual preference:
  - a. One meal replacement per day (at a meal of their choice)

- b. 5:2 plan (where a diet of around 800calories per day is taken on 2 days per week)
- c. Low Carbohydrate: where bread, pasta, potatoes and cereals are restricted