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*A Moment With Dr. Moore,
our PhD Psychologist/
Eating Behaviorist*



Motivation and Weight Loss

Many experts claim that motivation is the key to successful weight loss. Albeit, motivation plays a critical role in getting us up and going, particularly in the early stages of dieting, motivation also naturally waxes and wanes throughout a diet or exercise program. Although the initial lighting bolt that motivates us to start a new program can be a powerful force, we can also unfortunately spend a lot of time waiting for this inspiration.

Waiting for motivation can be a trap. We can create our own motivation by focusing our attention on our successes and building on one healthy lifestyle change at a time. This change creates a behavioral momentum that can propel us forward.

Ask yourself these questions to determine your current motivation for weight loss:

Readiness:

How ready do I feel to make changes to your lifestyle?

Importance:

How important is it to me to change my lifestyle?

Confidence:

How confident am I that I can make lifestyle changes?

Support:

Do I have the support I need to make changes to my behavior

Values:

Why is it important to me to lose weight?
Why is being healthier important to me?
What will a lifestyle change or weight loss offer me in the future?

Current Behavior:

What are the benefits of my current lifestyle?
What are the costs of my current lifestyle?

Goals for the Future:

If I keep going down this path, where will I be in 5 years?
10?
What would the best outcome for me be?

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What to do with all those summer tomatoes?

Garlic Tomatoes—Serves 8 - 79 calories 6.9 g fat, 0.9g protein, 4.4g carbohydrate

Ingredients:

8 ripe plum or 4 large regular tomatoes, cut in half
16 garlic cloves, in skin
4 sprigs fresh thyme
1/4 cup olive oil
salt and pepper, to taste

Preparation:

1. Preheat the oven to 425 degrees F.
2. Place the tomatoes cut side up in a large pan (in a single layer).
3. Place the garlic cloves and thyme sprigs in between the tomatoes.
4. Pour the olive oil over the tomatoes.
5. Bake for about 45 minutes (until the tomatoes are slightly charred).
6. Discard the thyme.
7. Season with salt and pepper to taste.
8. Squeeze the meat from the garlic cloves over the tomatoes.
9. Garnish with fresh thyme and serve warm.

Doctor's Orders by Kent C. Sasse, M.D., MPH, FACS, Medical Director of iMetabolic

Take the stairs. Going up only one level? Take the stairs. Think of the benefits – you don't have to wait for the elevator or spend the ride in cramped quarters with strangers who don't share your tastes in body odor or cologne. One flight of stairs can burn approximately 16 calories and it will probably get you there faster than the elevator can. Make it a habit. Pounds lost each year, just from one little change.

Stairs are physically challenging. Startling your body into suddenly expending energy to climb up a flight of stairs causes almost anyone to breathe hard. And sometimes physical limitations prevent you from climbing stairs. If so, there are more than 100 other tips in this book – and maybe a chance those stairs can become attainable.

Helpful Links:

Shop in our online store:

www.imetabolic.com/store

Visit our Bariatric surgical partner WBI:
www.westernbariatricinstitute.com

Learn about preventing Childhood Obesity:
www.obesitypreventionfoundation.org

Action comes first, not motivation!

Once you have a better sense of what's most important to you, the pros and cons of your current behavior, and where you would like your behavior to look like in the future, you're ready to get going!

Set realistic goals:

Set a behavioral goals. Instead of shooting for a 3 pound weight loss this week, aim to walk for 15 minutes of walking, 3 times this week. Even when you don't feel like exercising, you are more likely to engage in a task that doesn't seem too daunting!

Start small:

Rather than aiming to work out every day or eat right at every meal, start with small goals that are easily achieved. Then, build on these successes. If you walk 15 minutes today, try walking 20 minutes tomorrow. If you left food on your plate at 2 meals today, aim for leaving food on your plate during 3 meals tomorrow. Keeping your attention on the present moment will keep your motivation high and prevent you from feeling overwhelmed.

Highlight your successes:

Rather than focusing on behavior that makes you feel less than proud or confident, focus on those choices you made that make you feel successful and in control. Notice how you feel after making the choice to skip desert, buy healthy foods at the store, or take the first step on a morning walk. Notice how focusing on your strengths, rather than your challenges increases your motivation.

Stay Focused:

Write down the reasons why losing weight is important to you and identify all the benefits that living a healthy life will offer you now and in the future. Keep this sheet of paper, post-it note, or 3x5 card in plain sight. Use this card to help keep you focused on your task at hand. Revisiting these goals can be particularly helpful during periods of low motivation.

Staying motivated is an active process. Remember motivation will naturally wax and wane throughout your lifestyle change. Each step you take will help you gain momentum to continue in a positive direction.