



Weight Loss Barriers

Triggers, barriers, and routines may be related to ineffective or slower than desired weight loss. Stimulus management techniques assist in identifying these triggers, barriers and routines and help you to modify or manage the environment (surroundings) for improved results

What is a barrier or pattern delaying your progress towards your goal?

What can you do to modify your environment so the barrier goes away or is minimized?

Overcoming Weight Loss Barriers

At Home:

- Establish a safe environment at home. Minimize the trigger foods in your home.
- Post a list on your refrigerator or cabinets of alternative activities to go to when you are tempted by food.
- Set out exercise clothes and put them “in the way”.
- Choose non-food activities for get-togethers, events, and holidays.
- Communicate goal to supports.

At Work:

- Choose a comfortable, relaxing meal spot away from your desk.
- Keep desk/office clear of any trigger foods.
- Drink only water or other low calorie beverages like tea or coffee.
- Keep a consistent meal pattern.
- Take breaks to clear your mind and reduce stress-go for a walk.

While Preparing Meals:

- Chew gum while cooking.
- Try to prepare just enough for what you are going to eat or pack away leftovers right away.
- Listen to music.
- Drink water.
- Involve your family.

During Meals:

- Dish your meal onto your plate before you sit down at the table and leave serving dishes in the kitchen.
- When fixing your plate, utilize tools (scale, food labels, and food exchanges) to determine appropriate portion sizes.
- Use small plates, bowls and glasses.
- Be present during your meal (shut off technology, eliminate distractions).
- Recruit family members to clear the table and put away leftovers.