



GENERAL WELLNESS

FIVE PROVEN PRACTICES TO LOSE WEIGHT WITHOUT DIETING

By *Your Health Staff*

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January check-in: how're those resolutions holding up?

Every New Year's Eve, millions of Americans resolve to make changes in the coming year. Perhaps unsurprisingly, the most popular resolutions revolve around our personal health and well-being.

Last year, the [Forbes Health/One Poll survey](#) found that improved mental health (45%) was the #1 goal among U.S. adults, followed closely by improved fitness (39%) and weight loss (37%).

Research shows that [almost half of us \(43%!\) abandon our resolutions](#) by the end of January, but we know that there is strength in numbers, and the [Healthier 901 app](#) offers targeted, evidence-based programs backed by community supporters to help you realize your health and fitness objectives in the coming year.

Five Ways to Lose Weight Without Dieting

Healthier 901 also offers tailored content to make it easier for us to go the distance with our goals, like these five proven practices to lose weight without dieting:

1. Make H2O Your BFF

It's probably no secret that drinking water is essential to good health—but did you know [increasing your H2O intake can directly support weight loss](#)? In a nutshell, drinking water throughout the day—and especially right before a meal—can signal fullness and suppress your appetite, as well as give your metabolism a boost,

supporting healthy digestion and reducing your overall liquid calorie intake (think: sodas, sugary coffee drinks, sweet tea, etc.).

2. Slim Your Dishes, Slim Your Calories

When it comes to our baked-in eating habits, a little psychology goes a long way. Simply subbing in a 10" lunch plate for a 12" dinner plate can save you 100-200 calories a day in portion sizes—which adds up to 10-20 pounds in a single year. Ditto that serving size magic for your drinking glasses, as swapping in a tall, skinny glass over a short, wide tumbler typically leads to a 25-30 percent reduction in caloric beverage consumption. The visual cues of a full plate or glass trick our minds into consuming less while still feeling satisfied!

3. Slow Your Roll (literally)

Look, rolls are delicious. We get it. And we'll save the [whole grains](#) talk for another post. But we *do* want to chat about the benefits of slower eating. When we wolf down our food, our stomachs don't have time to tell our brains we're full, which leads to overeating. This also means we tend to miss our body's natural pause while eating—that moment when the fork or spoon goes down for several minutes. That silverware set down is our body's way of dropping the mic on mealtime and saying, "I'm full!"



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According to Leslie Ely, Nutrition Therapy Lead at Methodist Le Bonheur Healthcare, "It really takes us about 10 minutes to feel that full feeling while eating. So sit back, relax for a minute and check in with your body before rushing to get seconds or finish everything on your plate."

4. Get Plenty of Zzz's

Getting enough good sleep can be tough, we know. But did you know that people who regularly get less than seven hours of sleep each night are at a [higher risk for obesity](#)? Insufficient sleep can mess with our hormone levels (not to mention our mood), which can impact our appetite and perceived hunger. Aiming for seven hours of quality rest each night means your body can set yourself up for a mindful day while you sleep. Pretty cool, no?

5. Curb Boredom of The Lips With Gum and Hot Sips

Last but not least—don't let boredom sink your weight loss battleship. Ely suggests chewing sugarless gum "to curb that bored feeling or sipping on hot tea to keep you warm and cozy" while creating a feeling of fullness. Opt for mint gum or other strong flavors to offset tantalizing tastes when at risk for a snack attack, and consider [drinking green tea](#) to bump up your body's calorie-burning potential.

If your New Year’s resolutions focus on improved fitness and weight loss (or other wellness goals like drinking less, quitting smoking, improving your diet and/or managing stress) and you happen to reside in the Mid-South, joining [the Healthier 901 movement](#) may be just the ticket to help you stay on track and achieve your goals in 2024.

Download the app and access a wealth of free health resources at [healthier901.com](#).

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