

MAINTENANCE OVERVIEW

Remember, Medifast is a lifestyle change, not just a short-term weight loss solution. Transition and Maintenance are the primary building blocks necessary to form your new, healthy lifestyle.

During Maintenance you'll sustain your weight loss results by making healthy food choices and living an active lifestyle. The ultimate goal of Maintenance is to help you remain at a healthy weight for the rest of your life.

One of the most common reasons people gain weight back after dieting is that they see their diet as the beginning and the end of the weight control process. Don't allow yourself to get into that mind set. The idea of balancing your food intake with the calories you burn is the key to weight maintenance. Remember to make healthy food choices and live an active lifestyle. Be mindful of portion sizes to help prevent over-consumption. Don't slip back into your old habits!

The 5 & 1 Plan helped you develop healthy eating habits (small, frequent meals of portion controlled, nutritious food) that you can carry over into Maintenance. Many customers who have worked hard to achieve a healthy weight continue to eat 2-3 Medifast Meals each day. It's a convenient way to keep calorie levels within range, and also helps you stick with your 6-times-per-day meal schedule.

Consider the scale (to monitor weight), tape measure (to monitor inches), and calipers (to monitor body fat to muscle ratio) to be "necessary tools" of your new trade! To learn about how to use calipers, read the Exercise Tips under the Tools For Success link on the HealthWeightLossChoices.com website. Another excellent tip is to use a pair of jeans or your favorite pair of pants as a barometer. You know how they're supposed to fit – a tighter fit indicates that you may be putting on weight. Determine a weight range that you plan to stay in over the course of time. Whenever the scale indicates you are at the upper limit of your weight range, consider it a red flag. Change any negative patterns now rather than letting them spiral out of control. Remember though, that as you lose fat and gain muscle, the scales can be deceiving. Muscle weighs more than fat. That is why it is important to use most of all of the above suggestions as your monitor your long-term success.

When you reach your goal, you'll have so much to be proud of. Continue to show determination and dedication during Transition and Maintenance, and you're bound to reap the rewards of long-term success. When you reach the Transition phase, ask your health coach for a more complete guide on how to navigate this phase of your journey.