Introduction
Many American men and women believe that they are fat. They then diet, lose, and regain weight. Dieting can become frustrating when it does not work. Also, extreme dieting can lead to physical and psychological problems.

Causes of Weight Problems
- Heredity.
- Inactivity.
- Overeating.
- Types of food eaten. Too much fatty, fried, or junk food will increase your weight.
- Eating snacks while watching television.
- Repeated dieting. With repeated dieting, the rate of metabolism becomes slower, enabling the body to maintain its weight with fewer calories.

Because people are overweight, they diet. But dieting usually does not work.

Why Dieting Does Not Work?
- Dieting is for a limited time.
- Unrealistic goals are set.
- The dieter constantly thinks of food, due to food restriction.
- The dieter does not learn a new lifestyle.

In addition, dieting can have negative effects. Repeatedly breaking one’s diet can promote self-criticism, create disappointment, and cause anxiety.

HOW TO LOSE WEIGHT PERMANENTLY
- Incorporate exercise into your daily routine.
- Monitor the following:
  ◦ your mood when food was eaten.
  ◦ type of food eaten.
  ◦ when food was eaten.
  ◦ where food was eaten.
  ◦ what influenced you to eat.
- Develop solutions to the eating habits that are problematic. For example, if you note that you are eating fatty and fried foods, you can avoid these foods by not buying them.
- Set realistic goals.
- Eat a balanced diet that includes meat, cereal, fruit, vegetables, and milk. Avoid high caloric foods.
- Weigh yourself once a week at the same time.
- Develop hobbies and become socially active so you do not eat merely because you are bored.

Derived from a website publication (http://ub-counseling.buffalo.edu) developed by the Counseling Center Division of Student Affairs at State University of New York at Buffalo (1998).
For permanent weight control, eat a balanced diet with moderate portions, avoiding high caloric foods.

For our office hours or to make an appointment contact:

UWEC Counseling Services
Old Library 2122
University of Wisconsin Eau Claire
Eau Claire, WI 54701-4004
Phone: (715) 836-5521

Check out our web site virtual pamphlet collection at:

www.uwec.edu/counsel