



Scientifically Slim is based on the latest medical research to empower you with the keys to long-term weight loss success.

Scientifically SLIM™

30 Proven Ways to Lose Weight & Keep It Off

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1

Weigh Yourself Regularly

"... Frequent self-weighing may help with long-term maintenance of weight loss."

Reference: Butryn ML, Phelan S, Hill JO, Wing PR. Consistent self-monitoring of weight: a key component of successful weight loss maintenance. *Obesity*. 2007;15:3091-6.

The National Weight Control Registry (NWCR) is a database of successful dieters who have lost at least 30 lbs (13.6 kg) and maintained that weight loss for over a year. In analyzing 3,003 (Yes, there are two zeros in-between!) of such members, researchers found that there was one particular weight loss behavior associated with successful long-term weight loss—frequent self-weighing.

The research study found the following in successful weight losers:

- 36% weighed at least once a day
- 79% weighed at least once a week

Furthermore, it was noted that:

- Participants who maintained or increased their self-weighing frequency over the one-year period found themselves regaining less weight.
- Participants who decreased their self-weighing frequency reported eating more fatty foods, among other unwanted behaviors!

Researchers in the study explain that frequent self-weighing helps to increase awareness of one's weight changes. This can, in turn, motivate the person to make appropriate changes to their lifestyle behaviors to prevent additional weight gain. For example, if you find your weight gaining slightly, you can then make a conscious choice to eat slightly less at subsequent meals, walk up five extra flights of stairs at work, etc. You can then do things to help yourself expend more calories to tip back the scale.

If you don't already own a weighing machine, invest in

Weigh Yourself Regularly

one to help you in your lifestyle and weight management journey. This helpful tool, if used regularly, may help you lose or maintain your weight because you can make the necessary lifestyle changes before it's too late!

Action Points & Reflection

Date: _____ My weight: _____

How often do you weigh yourself? (circle one)

Never

Half-Yearly

Monthly

Weekly

Daily

For some people, frequent weighing may be distressing. What would be your reason/s, if any? List them down.

Weigh Yourself Regularly

Can you think of *where* you would like to place your weighing machine at your home or office so that you can take measurements conveniently?

When would be a convenient time to weigh yourself?
(Hint: It's good to do it in the morning when you wake up and go the bathroom, but definitely not after a meal. Weighing right after eating can increase your weight by up to 5 lbs or 2.3 kg! This additional weight is obviously from the weight of the food.)

Scientifically Slim

When you see a slight increase in your weight on the scale, what would be your plan of action? (e.g., be careful of the amount I eat at my next meal, exercise for 15 minutes more.)

What Are the Latest, Scientifically Proven Ways to Lose Weight & Keep It Off?

Researchers across the globe are constantly studying new techniques to help people lose weight. Now you can forget about subscribing to medical journals to learn this professional wisdom. *Scientifically Slim* breaks down the jargon and teaches you industry leaders' methods to help you get fit and maintain your ideal weight. It explains the findings in easy-to-understand language and teaches you how to take the information and add it to your own weight-loss journey.

You will discover that this isn't just any weight-loss book:

- It takes the lessons from each research study and helps you find the answers you need to understand your weight loss challenges and the skills needed to plan your path to better health.
- You will learn the power to control your eating habits in a healthy way, craft an effective exercise regimen, and keep a positive outlook.
- At the end of each chapter, *Scientifically Slim* includes Action Points & Reflections, a detailed question and answer section.

Whether you choose to complete a section every day or every week, each time you pick up this book, you will be one step closer to setting your weight loss or maintenance goals and working to attain them. *Scientifically Slim* is your first step to the body and life you want.

“Scientifically Slim provides the reader with the latest scientific research that validates the effectiveness of the strategies it outlines.”

Denise E. Bruner, MD, FASBP
Past President & Past Chairman of the Board, American Society of Bariatric Physicians

“This book is a must for anyone who has tried to lose weight and failed.”

Vicki Berkus, MD, PhD, CEDS
Past President, International Association of Eating Disorders Professionals

“Scientifically Slim succinctly educates the reader by providing scientific answers and proven solutions . . .”

Ralph E. Carson, PhD, RD
Co-author, *Harnessing the Healing Power of Fruit* (2008)

ISBN 978-1934938522



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Health/Diet
\$15.95 US
\$18.95 CAD
£ 9.99 UK



Langdon Street Press
Minneapolis, Minnesota
www.langdonstreetpress.com

Book Design by Alex C.S. Chang