

HEALTH

4 Weight Loss Tips From a Woman Who Lost 140 Pounds

NewsUSA

(NU) - Losing weight and getting healthy doesn't have to be a struggle. Just ask Alexis Freed. At a peak weight of 285 pounds, Alexis's health was declining, she was pre-diabetic and suffered from sleep apnea. Her doctor and loved ones were worried and she knew she had to regain control.

That's when she decided to commit to a weight-loss journey with Nutrisystem. "It was so convenient and I could take it on the go. It was easy for me to take with me to school and I immediately started seeing results, which gave me the motivation to keep going," says Alexis.

Now, two years later and 140 pounds lighter, Alexis shares four simple tips for those looking to achieve their weight-loss goals.

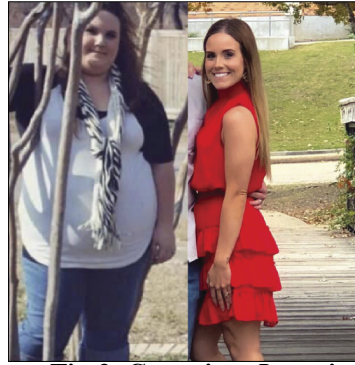
Tip 1: Find a Plan That Fits Your Lifestyle

Finding a plan that fits with your lifestyle is a key to success. While it's a great way to ensure you're eating well, making meals from scratch can be time-consuming. Also, feeling compelled to remove certain foods from your diet can be equally daunting. "I started to cut out fast food and junk food, but couldn't see myself sticking to a strict diet. I would always revert back to unhealthy eating habits," says Freed.

With a plan, such as Nutrisystem, you get the convenience of having delicious, ready-to-eat food delivered to your door while also being confident that you're eating the right foods in the right portions. Plus, you can eat the foods you love - such as pizza and pasta - and still lose weight.

Tip 2: Take Exercise Easy

Exercising plays an important role in weight loss. However, you may want to hold off on any strenuous activity or new workout at first so that your body can adjust. "As the weight fell off, I began exercising and started gaining more and more confidence. I was so excited to be able to shop for new clothes and look and feel stylish," adds Freed. So when you do jump into exercise, take it slow and aim for 30 minutes per day.



Tip 3: Commit to Learning New Habits

Reaching and staying at your ideal weight is not a sprint that's over when you cross a finish line. It's a lifelong commitment to eating healthy and staying active. With weight-loss programs, you build healthy habits such as choosing the most nourishing foods, learning how to cook healthy meals and practicing regular exercise.

"Nutrisystem changed the way I approach food altogether. It taught me what portions should look like. It taught me that I didn't have to completely cut the yummy stuff out to see results," says Freed. "My plate looks totally different with the addition of healthy carbs, fruits and vegetables."

Tip 4: Find a Sense of Routine

Starting a weight-loss program is a great time to create new routines and solidify new, healthy habits of your own. "My best advice to anyone struggling during this time would be to find a sense of routine and order as best you can. If you can fit in a 30-minute walk around your neighborhood after dinner, try doing so. If you can choose healthier grocery options to be delivered, do that instead of takeout. Stay hydrated, drink more water. Just don't give up on yourself or disregard what your body ultimately needs to stay healthy," concludes Freed.

For more great tips and other inspiring stories, visit leaf.nutrisystem.com.