

EVALUATE YOUR WEIGHT LOSS METHOD

1. Was there a detailed evaluation of your condition from the beginning, including your body mass index (BMI), an assessment of your physical health (illnesses, medications) and your daily habits (eating, physical activity)?
 YES NO
2. Was your need to lose weight evaluated based on an actual excess of weight, a risk to your health, and your own goals in regards to weight loss? Were criteria such as body image, self-esteem and self-acceptance taken into consideration?
 YES NO
3. Was a realistic weight loss objective (about 5 to 10% of the initial weight) established from the beginning and was a gradual weight loss (a maximum of 1 to 2 lbs per week) suggested?
 YES NO
4. Was the advice dispensed by qualified professionals on healthy weight loss with an accredited university diploma: dietitians, nutritionists, doctors, kinesiologists (specialists in physical activity), nurses?
 YES NO
5. Was the advice personalized and did it take into account your daily habits and your personal limits? Was support offered to help you change your habits?
 YES NO
6. Was a varied and balanced diet proposed in accordance with Canada's Food Guide, including at least 1,200 calories for women and 1,500 calories for men?
 YES NO
7. Are all foods permitted (without banning a single kind of food or food group)?
 YES NO
8. Was the subject of listening to your body's signals of hunger and satiation addressed?
 YES NO
9. Does the method recommend regular physical activity (at least 30 minutes per day), keeping your limits into consideration, and based on the pleasure of staying active?
 YES NO
10. Was a gradual change of your daily habits encouraged, rather than making drastic ones over a short period of time or using "miracle cures"?
 YES NO

Have you answered **YES** to all of the above questions?

Good news! Your chosen method possesses many assets that are favourable to a safe, realistic and long-lasting weight loss plan. Don't forget that changing habits takes time and effort. Start with small goals, and by accumulating smaller successes you will ultimately reach your goal!

Have you answered **NO** to some or all of the above questions?

Your chosen method is lacking in certain important assets that promote a safe, realistic and long-lasting weight loss. It is perhaps best that you explore other options. Seek the help of accredited professionals, such as a nutritionist or dietitian.

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