* Be accountable for following your weight loss plan
* Focus on the Outcome
* Set realistic goals beyond a specific number of pounds
* Cut back 500 calories a day. Losing just one to two pounds a week is best.
* "Fat-proof" your environment as much as you can. Don’t buy unnecessary food
* Portion control is a critical part of successful weight loss and weight management.
* Don’t go cold turkey on the Chunky Monkey. Don't give up all your comfort foods at once
* Don’t get on the scale frequently. Focus on how your clothes fit.
* Make exercise a habit first, then focus on cutting calories.
* Build Exercise into your life creatively. Do your sit up and pushups while watching TV. Read a book or magazine, while walking on treadmill. Swap out the snacks time, stand-up-sit-downs—repeatedly. This will give you a boost of feel-good chemicals.
* Weight loss reduces your risk of heart attack, diabetes, and arthritis by 50 percent, lowers your blood pressure, and may decrease your chances of developing breast cancer.
* Read Food Labels, check the ingredients. Partially hydrogenated oils (a source of trans fats); the words enriched, bleached, or refined, which mean the flour used was stripped of its nutrients, and anything ending in -ose, which indicates sugar. When possible, put products that list these ingredients high on the label back on the shelf.
* Eat more colorful vegetables and fruits. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, potassium, vitamins A and C.