

weight loss



part 3: CREDITS & SOURCES

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CREDITS & SOURCES

01

a map of the terrain

MAPS BEFORE WOODS

I remember originally hearing this bit o' wisdom from Brendon Burchard.

<https://minimalistquotes.com/brendon-burchard-quote-151774/>

OBESITY PREDICTIONS

More Than Half of the World Will Be Obese By 2035, Report Says, *Time* (2023)

<https://time.com/6264865/global-obesity-rates-increasing/> & Association between Breakfast Skipping and Body Weight—A Systematic Review and Meta-Analysis of Observational Longitudinal Studies, *Nutrients* (2021) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7832891/>

WEIGHT REGAIN

The SELF Trial: A Self-Efficacy Based Behavioral Intervention Trial for Weight-Loss Maintenance, *Obesity (Silver Spring)* (2015) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4633334/>

BEWARE THE 6-MONTH MARK & UNREALISTIC EXPECTATIONS

Unrealistic expectations derived from participants' exposure to commercial program advertisements can incite goals that cannot realistically or safely be met. Behavioral Weight Loss and Maintenance: A 25-Year Research Program Informing Innovative Programming, *Perm J* (2022)

<https://pubmed.ncbi.nlm.nih.gov/35933678/> &

"It's the single best thing I've done in the last 10 years": a Qualitative Study Exploring Patient and Dietitian Experiences with, and Perceptions of, a Multi-Component Dietary Weight Loss Program for Knee Osteoarthritis, *Osteoarthritis Cartilage* (2021) <https://pubmed.ncbi.nlm.nih.gov/33434629/>

Uncovering Barriers and Facilitators of Weight Loss and Weight Loss Maintenance: Insights from Qualitative Research, *Nutrients* (2023) <https://pubmed.ncbi.nlm.nih.gov/36904294/>

Determinants of Weight Loss Maintenance: a Systematic Review, *Obes Rev* (2019)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7416131/>

The Look AHEAD Study—considered one of the gold standard behavioral weight control trials—found that the intervention was effective in producing a 3% weight loss almost 10 years post-baseline. Using a Holistic Health Approach to Achieve Weight-Loss Maintenance: Results from the Spirited Life Intervention, *Transl Behav Med* (2020) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7295700/>

01

a map of the terrain

SABOTEURS EVERYWHERE, SOCIAL NORMS, OBESOGENIC ENVIRONMENT & GOING IT ALONE

Uncovering Barriers and Facilitators of Weight Loss and Weight Loss Maintenance: Insights from Qualitative Research, *Nutrients* (2023) <https://pubmed.ncbi.nlm.nih.gov/36904294/>

RELYING ON MOTIVATION

JOCKO (POSSIBLY): <https://www.goodreads.com/work/quotes/55537924-discipline-equals-freedom-field-manual>

In the reviewed studies, motivation and acceptability of the diet waned over time, which led to poorer dietary adherence. Uncovering Barriers and Facilitators of Weight Loss and Weight Loss Maintenance: Insights from Qualitative Research, *Nutrients* (2023) <https://pubmed.ncbi.nlm.nih.gov/36904294/>

*In long-term weight loss trials, the initial weight loss phase may give the appearance that an individual is successful in weight loss maintenance owing to a greater initial weight loss; however, **this says little about the actual maintenance of weight loss itself.*** Determinants of Weight Loss Maintenance: a Systematic Review, *Obes Rev* (2019) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7416131/>

FAILING TO PLAN FOR LIFE AT MAINTENANCE

"It's the single best thing I've done in the **last 10 years**": a Qualitative Study Exploring Patient and Dietitian Experiences with, and Perceptions of, a Multi-Component Dietary Weight Loss Program for Knee Osteoarthritis, *Osteoarthritis Cartilage* (2021) <https://pubmed.ncbi.nlm.nih.gov/33434629/>

YOUR METABOLISM WORKS AGAINST YOU

Maintenance of Lost Weight and Long-Term Management of Obesity, *Med Clin North Am* (2018) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5764193/>



02

a map of the destination

OXFORD FOOD AND ACTIVITY BEHAVIORS (OxFAB)

Development of Tools to Study Personal Weight Control Strategies: OxFAB Taxonomy, *Obesity (Silver Spring)* (2016) <https://pubmed.ncbi.nlm.nih.gov/26748902/>

RE-SET WITH EXERCISE

Individuals who were successful in weight loss maintenance were also able to correct weight regain quickly, were self-sufficient and autonomous and suffered less from psychological and emotional instability, binge eating and weight cycling. Determinants of Weight Loss Maintenance: a Systematic Review, *Obes Rev* (2019) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7416131/>

HAVE SUPPORT

Research into substantial, sustainable weight loss maintenance has highlighted that weight management support is instrumental for helping patients achieve substantial, sustainable weight-loss maintenance. Patient Insights into the Experience of Trying to Achieve Weight-Loss and Future Expectations Upon Commencement of a Primary Care-Led Weight Management Intervention: a Qualitative, Baseline Exploration, *PLoS One* (2022) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9242434/>

QUOTES FROM LONG-TERM MAINTAINERS

In their Own Words: Topic Analysis of the Motivations and Strategies of over 6,000 Long-Term Weight-Loss Maintainers, *Obesity (Silver Spring)* (2022) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9305441/>

03

a map from you-are -here to weight loss

1. WHO IS SUPERNOVA YOU?

Perspectives into the Experience of Successful, Substantial Long-Term Weight-Loss Maintenance: a Systematic Review, *Int J Qual Stud Health Well-being* (2021) <https://pubmed.ncbi.nlm.nih.gov/33455563/>

QUOTES FROM LONG-TERM MAINTAINERS:

In their own words: Topic Analysis of the Motivations and Strategies of over 6,000 Long-Term Weight-Loss Maintainers, *Obesity (Silver Spring)* (2022) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9305441/>

NIETZSCHE QUOTE:

Twilight of the Idols, or, How to Philosophize with a Hammer / Götzen-Dämmerung, oder, Wie man mit dem Hammer philosophiert, 1889. Note that *Götze* is German for *idol*, as in *false god*. https://en.wikipedia.org/wiki/Twilight_of_the_Idols

2. POUR GASOLINE ON YOUR MOTIVATION

Higher needs satisfaction occurs when the context is perceived as need-supportive, providing **autonomy** support (i.e., increasing autonomy satisfaction), structure (i.e., increasing **competence** satisfaction) and involvement (i.e., increasing **relatedness** satisfaction). When one experiences needs satisfaction, behaviour regulation becomes internalized and integrated, a path leading to increased motivational quality...Autonomous motivations, including intrinsic (doing a task for the inherent pleasure), identified (accepting and recognizing the behaviour) and integrated regulations (accepting the behaviour as part of the self), represent the most sustainable forms of directing and energizing one's behaviour.

Motivational and Self-Efficacy Reciprocal Effects During a 12-Month' Weight Regain Prevention Program, *Br J Health Psychol* (2023) <https://pubmed.ncbi.nlm.nih.gov/36404726/>

03

a map from you-are -here to weight loss

2. POUR GASOLINE ON YOUR MOTIVATION

When purposefully taught and rehearsed, self-regulatory skills strengthen rather than diminish. Behavioral Weight Loss and Maintenance: A 25-Year Research Program Informing Innovative Programming, *Perm J* (2022) <https://pubmed.ncbi.nlm.nih.gov/35933678/>

"It's the single best thing I've done in the last 10 years": a Qualitative Study Exploring Patient and Dietitian Experiences with, and Perceptions of, a Multi-Component Dietary Weight Loss Program for Knee Osteoarthritis, *Osteoarthritis Cartilage* (2021) <https://pubmed.ncbi.nlm.nih.gov/33434629/>

Uncovering Barriers and Facilitators of Weight Loss and Weight Loss Maintenance: Insights from Qualitative Research, *Nutrients* (2023) <https://pubmed.ncbi.nlm.nih.gov/36904294/>

Weight Loss Intervention Adherence and Factors Promoting Adherence: a Meta-Analysis, *Patient Prefer Adherence* (2016) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4990387/>


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a map from you-are -here to weight loss

3. PREP A DIET PRE-NUP

Considerable treatment attention was warranted for supporting the transfer of self-regulatory skills (eg, instruction on how skills such as cognitive restructuring and relapse prevention could be adapted from an exercise to eating context)...those who successfully handled past challenges, such as attending an event where food was present and not deviating from the diet, were more equipped to overcome other difficult situations. Uncovering Barriers and Facilitators of Weight Loss and Weight Loss Maintenance: Insights from Qualitative Research, *Nutrients* (2023) <https://pubmed.ncbi.nlm.nih.gov/36904294/>


Behavioral Weight Loss and Maintenance: A 25-Year Research Program Informing Innovative Programming, *Perm J* (2022) <https://pubmed.ncbi.nlm.nih.gov/35933678/>

LONG-TIME MAINTAINER QUOTES:

In their Own Words: Topic Analysis of the Motivations and Strategies of over 6,000 Long-Term Weight-Loss Maintainers, *Obesity (Silver Spring)* (2022) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9305441/>

GIANT-COOKIE CALORIES:

https://www.thestar.com/life/health-wellness/the-dish-how-many-calories-are-in-this-giant-chocolate-chip-cookie/article_677804f1-17d1-563c-b153-90f0c61fcf2b.html



03

a map from you-are -here to weight loss

4. ADHERENCE IS KING & TRACKING IS QUEEN

ADHERENCE:

*A diverse body of research supports the idea that dietary adherence—the degree to which an individual ‘sticks’ to a diet—is a more important factor in weight loss success than the ‘type’ of diet an individual is prescribed...higher levels of adherence to a diet, regardless of the type of diet, is an important factor in weight loss success...In studies where individuals are all prescribed the same diet, adherence has also been shown to be an important predictor of longer-term weight loss success...**Adherence during the weight loss phase predicted weight maintenance at two years, with the high adherers regaining only 50% of the weight that was lost, compared with 99% regain for the low adherers...High adherers were more successful, losing weight at twice the rate as low adherers...**Poor adherence during the early phases of a weight loss diet might be an important indicator of poorer long-term outcomes...Adherence to a dietary weight loss intervention is strongly associated with weight loss success over the short and long term.*

TRACKING:

*Self-monitoring via recording of food intake has been shown to be a strong predictor of dietary change, as well as being **a strong predictor of maintenance** of dietary change over the long term. Strategies to Improve Adherence to Dietary Weight Loss Interventions in Research and Real-World Settings, *Behav Sci (Basel)* (2017) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618052/>*

*Weight Loss Intervention Adherence and Factors Promoting Adherence: a Meta-Analysis, *Patient Prefer Adherence* (2016) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4990387/>*

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a map from you-are -here to weight loss

4. ADHERENCE IS KING & TRACKING IS QUEEN

METABOLISM SLOW-DOWN:

Maintenance of Lost Weight and Long-Term Management of Obesity, *Med Clin North Am* (2018)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5764193/>

STATISTICS:

<https://www.livestrong.com/article/13764583-diet-statistics/>

LONG-TIME MAINTAINER QUOTES:

In their Own Words: Topic Analysis of the Motivations and Strategies of over 6,000 Long-Term Weight-Loss Maintainers, *Obesity (Silver Spring)* (2022)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9305441/>

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5. SET GOALS THAT WORK FOR YOU

Strategies to Improve Adherence to Dietary Weight Loss Interventions in Research and Real-World Settings, *Behav Sci (Basel)* (2017) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618052/>

Exercise Preserves Lean Mass and Performance during Severe Energy Deficit: The Role of Exercise Volume and Dietary Protein Content, *Front Physiol* (2017) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5522839/>

Maintenance of Lost Weight and Long-Term Management of Obesity, *Med Clin North Am* (2018) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5764193/>

The SELF Trial: A Self-Efficacy Based Behavioral Intervention Trial for Weight-Loss Maintenance, *Obesity (Silver Spring)* (2016) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4633334/>

Setting clear goals and regular self-monitoring reinforce perceived self-efficacy and facilitate behavior change. Uncovering Barriers and Facilitators of Weight Loss and Weight Loss Maintenance: Insights from Qualitative Research, *Nutrients* (2023) <https://pubmed.ncbi.nlm.nih.gov/36904294/>

"It's the single best thing I've done in the last 10 years": a Qualitative Study Exploring Patient and Dietitian Experiences with, and Perceptions of, a Multi-Component Dietary Weight Loss Program for Knee Osteoarthritis, *Osteoarthritis Cartilage* (2021) <https://pubmed.ncbi.nlm.nih.gov/33434629/>

LONG-TIME MAINTAINER QUOTE:

In their Own Words: Topic Analysis of the Motivations and Strategies of over 6,000 Long-Term Weight-Loss Maintainers, *Obesity (Silver Spring)* (2022) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9305441/>

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6. EVALUATE YOUR ENVIRONMENT

CHURCHILL QUOTE:

Speech to the meeting in the House of Lords, October 28, 1943, requesting that the House of Commons - which was bombed out in May 1941 - be rebuilt exactly as before.

https://www.worldscientific.com/doi/10.1142/9789813232501_0007

RAT EXPERIMENT:

Hunger as a Context: Food Seeking That Is Inhibited During Hunger Can Renew in the Context of Satiety, *Psychological Science* (2017)

<https://journals.sagepub.com/doi/10.1177/0956797617719084> via Feeling Sated can Become a Cue to Eat More, *Science Daily* (2017)

<https://www.sciencedaily.com/releases/2017/10/171002084825.htm>

HOME ENVIRONMENT:

Late Life in the Living Room: Room Décor, Functional Limitations, and Personality, *The Gerontologist* (2021) DOI: 10.1093/geront/gnab093 via Older Adults Are Happier When Space Matches Personality, *Science Daily* (2021)

<https://www.sciencedaily.com/releases/2021/07/210729143431.htm>

Common words used to describe a home that feels healthy and happy include warmth, love, acceptance, comfort, quiet, organized/non-chaotic, personalized, loving, peaceful, and relaxing.

A Practical Approach to Obesity Prevention: Healthy Home Habits, *J Am Assoc Nurse Pract* (2022)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8313625/>

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6. EVALUATE YOUR ENVIRONMENT

FOOD ENVIRONMENT:

Fast-Food for Thought: Retail Food Environments as Resources for Cognitive Health and Wellbeing among Aging Americans? *Health Place* (2021)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7480653/>

*Maintaining a healthy weight is in large part a function of modifiable lifestyle choices that are shaped by **the broader food environment**, including availability, price and marketing.*

The Role of Sugar-Sweetened Beverages in the Global Epidemics of Obesity and Chronic Diseases, *Nature Reviews Endocrinology* (2022)

<https://www.nature.com/articles/s41574-021-00627-6>

Does Neighborhood Fast-Food Outlet Exposure Amplify Inequalities in Diet and Obesity? A Cross-Sectional Study, *Am J Clin Nutr* (2016) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4880999/>

A Practical Approach to Obesity Prevention: Healthy Home Habits, *J Am Assoc Nurse Pract* (2022) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8313625/>

Sandwich consumption was associated with obesity/overweight based on BMI by 35%, fried chicken by 40%, and pizza more than 80%. Fast Food Consumption and Overweight/Obesity Prevalence in Students and its Association with General and Abdominal Obesity, J Prev Med Hyg (2018) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6196377/>

Development of a Neighborhood Obesogenic Built Environment Characteristics Index for the Netherlands, *Obesity (Silver Spring)* (2023)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10108038/>

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6. EVALUATE YOUR ENVIRONMENT

FOOD ENVIRONMENT:

Laboratory studies suggest that **energy-dense foods and energy-dense diets have a lower satiating power** and may result in passive overeating and therefore weight gain.

The Economics of Obesity: Dietary Energy Density and Energy Cost, *Am J Clin Nutr* (2005)
<https://pubmed.ncbi.nlm.nih.gov/16002835/>

Addressing the Sugar, Salt, and Fat Issue the Science of Food Way, *NPJ Science of Food* (2018)
<https://www.nature.com/articles/s41538-018-0020-x>

A can of Pringles contains around 1,000 calories. <https://evert.meulie.net/faqwd/calories-pringles/>

Cooking at Home Frequently May Lead to Healthier Diet, *American Public Health Association* (2014) <https://d.newswise.com/articles/cooking-at-home-frequently-may-lead-to-healthier-diet>

Is cooking at home associated with better diet quality or weight-loss intention? *Public Health Nutrition* (2014) <https://www.cambridge.org/core/journals/public-health-nutrition/article/is-cooking-at-home-associated-with-better-diet-quality-or-weightloss-intention/B2C8C168FFA377DD2880A217DB6AF26F> via Home Cooking a Main Ingredient In Healthier Diet, Study Shows, *Science Daily* (2014)
<https://www.sciencedaily.com/releases/2014/11/141117084711.htm>

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a map from you-are -here to weight loss

6. EVALUATE YOUR ENVIRONMENT

EATING ENVIRONMENT:

Everyday Mindfulness with Jon Kabat-Zinn, *Mindful*

<https://www.mindful.org/everyday-mindfulness-with-jon-kabat-zinn/>

Dopaminergic midbrain neurons are crucial for processing predicted reward value (which makes something that much more craveable) and motivates eating it...an intensive mindful eating intervention reduced midbrain food reward anticipation. The Effects of an 8-Week Mindful Eating Intervention on Anticipatory Reward Responses in Striatum and Midbrain, *Front Nutr* (2023) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10457123/>

Eating more slowly is indicative of improved eating self-regulation as well as less binge eating. Successful Behavior Change in Obesity Interventions in Adults: a Systematic Review of Self-Regulation Mediators, *BMC Med* (2015) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4408562/>

I Can Make You Thin by Paul McKenna

<https://www.amazon.com/Can-Make-You-Thin-Revolutionary/dp/B002ISAXF4/>

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a map from you-are -here to weight loss

6. EVALUATE YOUR ENVIRONMENT

MEDITERRANEAN DIET AS ENVIRONMENT:

Mediterranean Eating Pattern, *Diabetes Spectr* (2017)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5439355/>

The Mediterranean Diet: From an Environment-Driven Food Culture to an Emerging Medical Prescription, *Int J Environ Res Public Health* (2019)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6466433/>

It is rather reductive to consider the Mediterranean diet as just a pattern of food groups to be consumed decontextualized from the social and geographical background of Mediterranean culture. Underrated Aspects of a True Mediterranean Diet: Understanding Traditional Features for Worldwide Application of a Planeterranean Diet, J Transl Med (2024) <https://pubmed.ncbi.nlm.nih.gov/38515140/>

Mediterranean Diet and its Benefits on Health and Mental Health: A Literature Review, *Clin Pract Epidemiol Ment Health* (2020) <https://pubmed.ncbi.nlm.nih.gov/33029192/>

Drivers and Barriers Influencing Adherence to the Mediterranean Diet: A Comparative Study Across Five Countries, *Nutrients* (2024) <https://pubmed.ncbi.nlm.nih.gov/39125289/>

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7. STOCK UP ON SUPERNOVA ESSENTIALS

FRUIT & VEGGIE INTAKE PREDICTS SUCCESS:

*Fruit and vegetable intake serves as a proxy for the health of the overall diet and is **a strong independent predictor of weight loss**.* Behavioral Weight Loss and Maintenance: A 25-Year Research Program Informing Innovative Programming, *Perm J* (2022) <https://pubmed.ncbi.nlm.nih.gov/35933678/>

New Metrics of Affordable Nutrition: Which Vegetables Provide Most Nutrients for Least Cost? *Journal of the Academy of Nutrition and Dietetics* (2013) [https://www.jandonline.org/article/S2212-2672\(13\)00306-7/abstract](https://www.jandonline.org/article/S2212-2672(13)00306-7/abstract)

LENTILS & BEANS:

Health Benefits of Legume Seeds, *J Sci Food Agric* (2023) <https://pubmed.ncbi.nlm.nih.gov/36988580/>

STEWING IN HEAT THAT IS LOWER & MOIST RATHER THAN HIGH & DRY:

Advanced glycation end products (AGEs) are linked to diabetes and cardiovascular disease. High, dry heat contributes to their formation, while using lower heat that is moist reduces them significantly. Advanced Glycation End Products in Foods and a Practical Guide to their Reduction in The Diet, *J Am Diet Assoc* (2010) <https://pubmed.ncbi.nlm.nih.gov/20497781/>

INSULATED FOOD CARRIER TOTE:

<https://www.amazon.com/Reusable-Resistant-Thermal-Storage-Working/dp/B08LD1VBJ9/>

CONVENIENCE → ADHERENCE:

*The convenience of the diet or weight loss programme is **a key factor that influences adherence**.* Uncovering Barriers and Facilitators of Weight Loss and Weight Loss Maintenance: Insights from Qualitative Research, *Nutrients* (2023) <https://pubmed.ncbi.nlm.nih.gov/36904294/>

03

a map from you-are -here to weight loss

8. MAKE EXERCISE NON-NEGOTIABLE

*The effect of exercise was thought to be due to its impact on the associated **changes in psychological correlates of improved eating**...exercise-associated improvement in mood was found to be associated with an increase in self-regulatory skills usage.*

Behavioral Weight Loss and Maintenance: A 25-Year Research Program Informing Innovative Programming, *Perm J* (2022) <https://pubmed.ncbi.nlm.nih.gov/35933678/>

*Our findings highlight **the importance of integration of diet and exercise/physical activity**... Patients spoke about the value of doing combined exercise/physical activity and diet programs: 'I think they complemented each other to me ... I couldn't imagine not doing them both at the same time. The fact that we had to exercise sort of made the diet more important and vice versa.'*

"It's the single best thing I've done in the last 10 years": a qualitative study exploring patient and dietitian experiences with, and perceptions of, a multi-component dietary weight loss program for knee osteoarthritis, *Osteoarthritis Cartilage* (2021) <https://pubmed.ncbi.nlm.nih.gov/33434629/>

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a map from you-are -here to weight loss

9. YOUR HABITS ARE YOUR IDENTITY

JAMES CLEAR QUOTES:

A Conversation with James Clear <https://www.penguinrandomhouse.com/articles/conversation-with-james-clear/>; *How to Stop Procrastinating by Using the "2-Minute Rule"* <https://jamesclear.com/how-to-stop-procrastinating>

RYAN HOLIDAY QUOTE:

<https://ryanholiday.net/the-secret-to-better-habits-in-2022/>

OUR DAYS ARE COMPRISED MOSTLY OF HABITS:

Characterizing Human Habits in the Lab, *Collabra Psychol* (2024)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7615722/>

DR. PHILLIPPA LALLY:

What is Habit and How Can it be Used to Change Real-World Behaviour? Narrowing the Theory-Reality Gap, *Social and Personality Psychology Compass* (2024)
<https://compass.onlinelibrary.wiley.com/doi/10.1111/spc3.12975> via New Study Challenges 'Pop Psychology' Myths About Habits, *Science Daily* (2024)
<https://www.sciencedaily.com/releases/2024/06/240606152343.htm>

Missing one opportunity to perform the behaviour did not materially affect the habit formation process. How are Habits Formed: Modelling Habit Formation in the Real World, *European Journal of Social Psychology* (2010) <https://onlinelibrary.wiley.com/doi/abs/10.1002/ejsp.674> via <https://jamesclear.com/second-mistake>

03

a map from you-are -here to weight loss

9. YOUR HABITS ARE YOUR IDENTITY

MAKE BREAKFAST A HABIT:

Association between Breakfast Skipping and Body Weight—A Systematic Review and Meta-Analysis of Observational Longitudinal Studies, *Nutrients* (2021)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7832891/>

Skipping Breakfast Is Associated with Overweight and Obesity: a Systematic Review and Meta-Analysis, *Obes Res Clin Pract* (2020) <https://pubmed.ncbi.nlm.nih.gov/31918985/>

These studies demonstrate enhanced MPS at the first meal after an overnight fast and net sparing of lean body mass during weight loss...the anabolic benefits of increased protein at the first meal to stimulate MPS are clear. Impacts of Protein Quantity and Distribution on Body Composition, *Front Nutr* (2024) <https://pubmed.ncbi.nlm.nih.gov/38765819/>

Eating produces insulin. Insulin exerts its regulation of lean muscle mass principally via an anticatabolic effect in reducing muscle-protein breakdown (MPB). Role of Insulin in the Regulation of Human Skeletal Muscle Protein Synthesis and Breakdown: a Systematic Review and Meta-Analysis, *Diabetologia* (2016) <https://link.springer.com/article/10.1007/s00125-015-3751-0>

Low protein intakes (e.g., ~10 g) in a mixed meal or as isolated proteins do not robustly increase aminoacidemia or MPS in older persons. Consumption of High-Leucine-Containing Protein Bar Following Breakfast Impacts Aminoacidemia and Subjective Appetite in Older Persons, *Curr Dev Nutr* (2021) <https://pubmed.ncbi.nlm.nih.gov/34104852/>

*In older individuals, a level of **protein intake of 70 g** in the context of a mixed meal induces a greater anabolic response than when an isocaloric meal contains 35 g protein. The higher protein intake stimulated a greater protein synthetic response...[and] whole-body protein breakdown (PB) was also suppressed to a greater extent with the higher level of protein intake.*

The Anabolic Response to Dietary Protein Is Not Limited by the Maximal Stimulation of Protein Synthesis in Healthy Older Adults: A Randomized Crossover Trial, *Nutrients* (2020) <https://pubmed.ncbi.nlm.nih.gov/33114585/>

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a map from you-are -here to weight loss

10. PLAY THE LONG GAME (SELF EFFICACY)

LONG-TERM MAINTAINER QUOTES:

In their own words: Topic analysis of the motivations and strategies of over 6,000 long-term weight-loss maintainers, *Obesity (Silver Spring)* (2022)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9305441/>

CONTINUING TO WEIGH YOURSELF ONCE A WEEK:

*For weight loss maintenance programmes, greater focus on behaviour change techniques such as self-monitoring should be regarded as central...**Behaviour change can be predominantly stimulated by helping individuals to develop self-efficacy for diet, exercise and weight management.*** Determinants of Weight Loss Maintenance: a Systematic Review, *Obes Rev* (2019)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7416131/>

IMAGINING LIFE AT MAINTENANCE:

*The weight loss maintenance phase requires more time and effort, and some participants found it difficult to adopt long-lasting routines during this crucial adaptation process...**Participants with higher self-efficacy were more likely to take self-motivated steps towards weight loss and weight loss maintenance, such as restructuring their food environment, adopting healthier habits, and seeking additional external support.***

Uncovering Barriers and Facilitators of Weight Loss and Weight Loss Maintenance: Insights from Qualitative Research, *Nutrients* (2023) <https://pubmed.ncbi.nlm.nih.gov/36904294/>

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10. PLAY THE LONG GAME (SELF EFFICACY)

WEL QUESTIONNAIRE:

French Validation of the Weight Efficacy Life-Style Questionnaire (WEL): Links with Mood, Self-Esteem and Stress Among the General Population and a Clinical Sample of Individuals with Overweight and Obesity, *PLoS One* (2021) <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0259885> via <https://pubmed.ncbi.nlm.nih.gov/1955608/>

*Increasing evidence that **self-efficacy is a factor that influences maintenance** makes it a research focus. The SELF trial: A Self-Efficacy-Based Behavioral Intervention Trial for Weight Loss Maintenance, *Obesity (Silver Spring)* (2015) <https://pubmed.ncbi.nlm.nih.gov/26381151/>*

PLANNING AHEAD FACILITATES SELF EFFICACY:

*Weight maintenance-specific behavioral skills and strategies help patients to **build insight for long-term management**, anticipate struggles and prepare contingency plans, moderate behavioral fatigue, and put into perspective the inevitable lapses and relapses of any long-term engagement.*

Maintenance of Lost Weight and Long-Term Management of Obesity, *Med Clin North Am* (2018) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5764193/>

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