
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

How can I stop overeating?

Question: *I always read about portion control and understand that I need to eat less, not eat “seconds” and not overdo it at the buffet, but exactly how do I go about doing that? It’s too easy to overeat!*

Answer: One more piece of pie, a couple more cookies... sometimes we have those moments when we convince ourselves that a little more won't hurt. But when you do that every day, it adds up fast! Gaining willpower over food quantities can be an uphill battle, but it can be done. Retraining yourself one step at a time is the key. Eating is not only a necessity, but it is a learned behavior and it takes time to develop new habits. The easiest step in gaining control of your eating habits is portion control. Never start out with seconds on your plate. Only put one serving size of each item on your plate. Don't place the serving bowls on the table! You are less likely to help yourself to seconds if you have to leave the table to do that. Some people also find that eating on smaller plates with less room helps to control the urge to take too much food. Always drink a glass of water before you eat your meal; you will eat less. Try eating smaller but more frequent meals, and never go five hours without eating, so your blood sugar levels stay steady throughout the day. Try not to eat because you are upset, angry, depressed or bored. Emotional eating is one of the leading causes of overeating. It's best to alleviate any stress and lift your mood through exercise. You can develop new healthy eating habits with a little persistence and patience, hang in there!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes “house calls”! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
