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# WEIGHT CONTROL

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Insight from people who have lost weight and kept it off

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## About the National Weight Control Registry:

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Members of the NWCR have lost an average of 66 pounds and kept it off for an average of 5.5 years.

However, there is a lot of diversity among the members.

For example, different people in the registry have lost and kept off anything between 30 and 300 pounds.

For some people, this weight loss occurs quickly, while others worked for years to lose the weight.

The NWCR asserts “45% of registry participants lost the weight on their own and the other 55% lost weight with the help of some type of program.”

How will *you* use this information?

## Advice from the NWCR:

The National Weight Control Registry (NWCR) is one of the largest explorations of successful long-term weight management. According to the website "The NWCR is tracking over 10,000 individuals who have lost significant amounts of weight and kept it off for long periods of time."

So, what are their strategies? They include...

- Maintaining a low calorie, low fat diet
- Doing high levels of activity, usually 1 hour per day
- Checking their weight weekly
- Watching less than 10 hours of TV per week

