

Weight Management Philosophy and Approach

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I believe that food should nurture, fuel, and sustain your body and that eating should be an enjoyable experience. The dieting experience seems to be just the opposite by being overly restrictive, endorsing perfection, encouraging all or nothing thinking, and fostering shame and guilt. Dieting not only damages a person's relationship with food, but can adversely affect metabolism. Many of my clients come to me with a past filled with rigid low calorie diets that were based on fabricated paradigms and beliefs that resulted in only temporary weight loss. There are many ways to lose weight and many people have lost weight, but there is no one diet miracle solution that has been discovered or is waiting to be discovered.

Even if you do not have a strong history of dieting, our food environment presents challenges that are counter-productive to staying at a healthy weight, and you need to learn to navigate and manage it effectively. Chances are you are contacting a Registered Dietitian Nutritionist because you are ready to ditch the diets, or don't want to start a diet, and are ready for some sound advice that translates to reasonable goals and sustainable lifestyle change. That is how I approach weight management.

Changing your lifestyle regarding food and exercise, as well as improving your relationship to food and your body is more lasting than dieting. You should eat well and exercise because you cherish your body and want to take care of it. Feeding your body high quality food and taking the time to choose and make healthy meals is a great way to practice self-love and self-care. This can be very rewarding, positive, and feed and sustain your motivation and focus.

You will be taught how to be a deliberate creator of your own food world. This is done through meal planning, grocery shopping, meal preparation, while considering your food preferences, life schedule, and health history. Insight into behaviors that have led to weight gain, particularly some of the beliefs and thoughts that you have around food is also essential, and provides a frame of reference for meaningful and effective changes of thought and thinking. What works for you is individual to you and we will discover that and build upon it along the way. If you want some structure to guide you, that is provided with an appropriate calorie level and nutritional balance. There will be no mindless calorie counting, but rather a focus on food choices, balance, meal and snack ideas, and using both internal and external cues of food regulation.

You will also be advised on appropriate exercise if you want to begin, revamp or step-up your exercise program. Nutrition guidelines are also coordinated to support your current exercise program. When it comes to food and exercise it is all about taking action, implementing change, building your skills and knowledge, refining and adjusting your plan and goals, and practicing new habits. This often includes food journaling or related tracking that can provide in the moment feedback and perspective. I am here to guide, advise, inform, and coach you. Goals will be realistic and paced, with a gentle push as needed.

We will address the benefits and sacrifices of weight loss, your true intrinsic motivation and track your progress. It takes 66 days to change behavior and 100 days to feel the benefits of that change. You will practice new habits of thought, food, and exercise, and build upon these new behaviors and make them part of your life. My most successful clients come in for regular appointments (weekly or biweekly), are actively engaged in the process, problem solve, ask questions, and give their health, food, and exercise plan top priority in their life, while focusing on impacting lifestyle changes. They appreciate that their body deserves respect through a high level of on-going self care.