

Script – Broadcast – Being resolute about losing weight

INTRO

As we usher in another new year, it's that time when we pledge to exercise more, save money, find a new hobby, or, in many cases, shed a few pounds.

According to a recent Forbes Health [survey](#), losing weight checked in as the fourth most popular resolution for 2024, trailing only improving fitness, finances and mental health. Nearly 34% of respondents said losing weight was their main goal, followed by improving one's diet (31.6%) to round out the top five.

Nicole O'Neill is a dietitian with OSF HealthCare. Her job is to help clients navigate the choppy waters of starting diets, especially this time of year.

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Nicole O'Neill, dietitian, OSF HealthCare

"Resolutions are big picture things. So, if you have a resolution to lose X amount of weight, go ahead and make it. But then break it down into smart goals, little steps along the way so that you can achieve something and feel like you did something. So, you can celebrate success. If you just say I want to lose a bunch of weight, it's not good enough. You have to say how much weight and how you're going to do it." (:27)

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Resolutions aren't for everyone. O'Neill says it depends on the person's personality and what other factors are involved, such as stress, hormones, pain or lack of sleep. If you need a hard start and stop to see results, a New Year's resolution might just do the trick. For other people, however, resolutions are a potential recipe for failure.

The SMART goals O'Neill referenced are specific, measurable, and attainable, realistic and time bound. For example, rather than say you're going to cut out all fast food, why not set a goal for eating at home more, she adds.

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There is no magic wand or secret formula for losing weight. O'Neill says it's a combination of factors that are going to lead you down the path that is right for you on your weight loss journey.

She suggests drinking more water, getting enough sleep and add one or more fruits and vegetables to your diet.

If you're still struggling to find success, O'Neill recommends having a conversation with your provider who can recommend other options such as medication management or counseling.