

Barriers to Weight Management

The following are habits that keep people overweight. Once you identify which habits you are in, you will know which behaviors to focus on for permanent lifestyle changes that will result in permanent weight management. These would apply to children as well.

1. I don't exercise consistently and/or at moderate to vigorous intensity. (*Download Exercise guide from www.nutritiontransformation.com*)



2. I eat because of emotions or situations or habit (not related to hunger). (*Download Ideas for Self Care and Why It's Vital guide from www.nutritiontransformation.com*)
3. My lifestyle is too busy ---- no time, plan, or energy to eat right. (*Download Nutritious Foods for Busy People guide from www.nutritiontransformation.com*)
4. I don't think my weight will really affect my well-being, or I don't think I'll be able to sustain changes that keep weight off. --Consider a reward system for children: Parents and children decide together what consistent healthy behaviors can earn a reward. Example: If the child decides to eat three cups of fruit/veggies five days that week, and exercises for an hour four times that week, he gets to go to the beach that weekend with a new beach toy.
5. I eat less than five cups fruit/veggies combined (three for young children) per day. (*Download Heal Your Gut guide from www.nutritiontransformation.com*)
6. My downfall is eating out or social gatherings.

7. I eat red meat or vegetable shortening or canola, cottonseed, safflower, sunflower, corn, grapeseed, or soybean oil most days.
8. I usually have sweets or sugar-sweetened beverages daily.
9. My portions are sometimes too large. (**Download** Tips for Portion Control **guide from www.nutritiontransformation.com**)
10. I eat within two hours of bed and/or I do not go at least 12 hours without eating during a typical 24 hour day (these 12 hours would include time asleep).
11. I drink less than twelve 8 oz cups (96 oz total): water, water flavored with fruit or juice, or herbal tea per day. Those 4-8 years old need at least seven cups per day.
12. I don't sleep well (or I don't sleep enough).
13. I drink alcohol most days of the week, or I drink more than one drink at a time when I do drink.
14. I eat more highly processed carbs (ex. white bread, chips, boxed rice/pasta, buttery popcorn, etc.) than nutritious carbs (ex. beans, whole grain breads/cereals, etc.).
15. I spend a lot of time on my computer/phone/video games/ TV, or I eat in front of the screen.
16. For children: I don't eat most of my meals with my parents, or we don't normally eat the same foods at the meals.

1. Recommended study curriculum for Board Certification in Obesity and Weight Management exam, 2019.

2. 2020-2025 Dietary Guidelines Advisory Committee (www.dietaryguidelines.gov). 3. www.eatright.org "Water, How much do Kids Need?", January, 2020.

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