

PRAISE FOR *SIX FACTORS TO FIT*

“What a privilege you will have to work with one of, if not the best expert in the field! That’s what you’ll get when you follow the *Six Factors to Fit* program and allow Dr Kushner and his team to guide YOU toward a weight management plan that fits your life.”

Michael F. Roizen MD, four-time #1 *New York Times* bestselling co-author, the *RealAge* and *YOU* series and *What to Eat When*

“There are decades of experience, research, and weight loss wisdom built into this plan! *Six Factors to Fit* nails it with easy tips to change the eating and lifestyle habits that have been interfering with reaching or staying at a comfortable weight. This program can change your life!”

Samantha Cassetty, MS, RD, nationally recognized nutrition and weight-loss expert, NBC News *BETTER*, *Good Housekeeping*

“At last! A scientifically validated tool and a personalized weight loss program, based on each person’s behaviors, that I can recommend to patients and easily implement in my practice.”

Jeffrey I. Mechanick, MD, Medical Director, Kravis Center for Clinical Cardiovascular Health at Mount Sinai Heart

“If you are serious about losing weight and keeping it off, you need to read this book! Dr Kushner is one of the most respected experts in the field and has used the latest research to create a program that gives you the best chance of long-term success.”

James O. Hill, PhD, Director, Nutrition Obesity Research Center, University of Alabama at Birmingham, author, *The Step Diet* and *State of Slim*

“*Six Factors to Fit* offers individuals personalized and achievable solutions to losing weight and keeping it off—a welcome change from the all-too-common ‘just eat less and move more’ mantra.”

Joe Nadglowski, President and CEO, Obesity Action Coalition

“Dr Kushner takes readers on a life-changing journey away from the typical one-size-fits-all, restrictive diet regimens toward positive and productive guidance, valuable for anyone working toward building a healthier life.”

Scott Kahan, MD, MPH, Director, National Center for Weight and Wellness

“Many of my patients struggle with weight and feel that it is hopeless to even try to lose the unexpected and unwelcome extra pounds. With *Six Factors to Fit*, anyone can finally get inspiration; information; and individualized, empathetic guidance from a leading expert to manage their weight while also lowering their risks of heart disease and certain types of cancer.”

Lauren Streicher, MD, Women’s Health Expert and Author
of *Sex Rx: Hormones, Health and Your Best Sex Ever*

“I love this book, *Six Factors to Fit*! It’s packed with practical tips, meal and snack ideas, and patient stories you can relate to, helping you learn that achieving a healthy weight is about tweaking your lifestyle to match your needs and fit your daily routine. A quick quiz, not a quick-fix diet, is the secret ingredient to getting you started on the right path.”

Connie Diekman, MEd, RD, CSSD, FAND, Former
President of the Academy of Nutrition and Dietetics

“With Dr Kushner’s evidence-based guidance, you can improve your lifestyle, get healthier, and break through your own barriers to achieve lasting success. I am certainly going to use these six factors in my busy practice as a part of the *Six Factors to Fit* self-help program.”

Carolyn Apovian, MD, Director of the Center of Nutrition
and Weight Management at Boston Medical Center

“A remarkably friendly, flexible, and well-founded guide to weight management that provides practical strategies to address the many challenges of weight control, which, for many individuals, include improving sleep, stress, self-talk, and self-image. *Six Factors to Fit* covers these and many other topics in an engaging and empathetic manner.

Thomas A. Wadden, PhD, Center for Weight and Eating Disorders,
Perelman School of Medicine at the University of Pennsylvania

“What these passionate professionals have that has been notably lacking in the field is extraordinarily effective communication skills and strategies, offering personalized tailoring that is the culmination of Dr Kushner’s clinical insights and published research on the six factors.”

Christopher Gardner, PhD, Director of Nutrition
Studies at Stanford Prevention Research Center

“Don’t get discouraged if you’ve tried everything to lose weight. In *Six Factors to Fit*, Dr Kushner will quickly redirect you onto your path for success by helping you identify and overcome the issues that have been holding you back. It’s time to go beyond that one-diet-fits-all approach to take control of your weight and health—once and for all!”

Louis Aronne, MD, Director, Comprehensive Weight
Control Center, Weill Cornell Medicine

**WEIGHT LOSS THAT WORKS...
FOR YOU!**

**SIX
FACTORS TO
FIT**

Robert F. Kushner, MD

Nancy Kushner, MSN, RN

with Dawn Jackson Blatner, RDN

**eat[®]
right** press

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For more information on the Academy of Nutrition and Dietetics, visit www.eatright.org.

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ABOUT THE AUTHORS

Robert F. Kushner, MD

Robert F. Kushner, MD, is medical director of the Center for Lifestyle Medicine at Northwestern Medicine in Chicago; professor of medicine at Northwestern University's Feinberg School of Medicine; past president of The Obesity Society; author or editor of 12 books, 58 book chapters, and more than 200 articles on overweight, obesity, and nutrition; a founder of the American Board of Obesity Medicine, which certifies physicians in the care of patients with obesity; and an advisory board member of Livongo Health, pioneer in Applied Health Signals, empowering people with chronic conditions to live healthier lives. As a past member of the National Board of Directors of the Obesity Action Coalition (OAC), he remains dedicated to supporting the OAC's mission to fight weight bias and provide evidence-based education on obesity and its treatments.

Kushner is a passionate clinician, educator, researcher, and advocate in helping to improve the lives of those affected by being overweight or having obesity. He is recipient of the Clinician of the Year Award (2016) and the Atkinson-Stern Award for Distinguished Public Service (2011) given by The Obesity Society, and he was awarded a National Honors Award Honorary Membership (2010) by the Academy of Nutrition and Dietetics (formerly the American Dietetic Association). As an international obesity expert, he lectures worldwide, teaching health care professionals about the latest trends in obesity care. Nationally, Kushner speaks regularly on obesity, lifestyle medicine, and nutrition at professional society conferences, educational symposia, and government agency meetings and to advisory boards and consumer groups.

After completing his residency in internal medicine at Northwestern Memorial Hospital, Kushner completed a postgraduate fellowship in clinical nutrition at the University of Chicago Hospitals and received a master's degree in clinical nutrition and nutritional biology at the University of Chicago.

Kushner is coeditor of multiple professional texts, including *Obesity Medicine: An Issue of Medical Clinics of North America*; *Lifestyle Medicine: A Manual for Clinical Practice*; *Treatment of the Obese Patient*, second edition; *Nutrition and Bariatric Surgery*; and the *Practical Manual of Clinical Obesity*. He is also coauthor of *Counseling Overweight Adults: The Lifestyle Patterns Approach and Toolkit*; *Fitness Unleashed! A Dog and Owner's Guide to Losing Weight and Gaining Health Together*; and *Dr. Kushner's Personality Type Diet*.

Examples of Kushner's media coverage as an obesity expert and author include coverage in the *New York Times*; *USA Today*; the *Wall Street Journal*; the *Washington Post*; *Good Morning America*; *ABC World News*; *Weekend Today*; *Health*; *O, The Oprah Magazine*; *People*; *US News and World Report*; and WebMD.com.

Nancy Kushner, MSN, RN

Nancy Kushner is a nurse practitioner, a former health content writer for a weight-loss website, and coauthor of *Counseling Overweight Adults: The Lifestyle Patterns Approach and Toolkit* and *Dr. Kushner's Personality Type Diet*. Through her work, Kushner has been able to combine two life passions: health writing and spreading the word about the power of a healthy lifestyle.

Nancy and Robert Kushner live in the Chicago metro area, where they can be found together walking the talk of a healthy lifestyle—walking their dog, Maggie; taking weekly ballroom dance lessons; doing bachata, rumba, and triple swing dance performances; and engaging in atypical Saturday-night activities, such as playing indoor sand volleyball or learning how to fence with their Fun Club social group of almost 35 years.

Dawn Jackson Blatner, RDN

Dawn Jackson Blatner is a registered dietitian nutritionist with more than 15 years of experience working with clients to help them lose weight and supercharge their health. She is a recipient of Lifetime Television's Remarkable Woman Award for her work in the field of nutrition and was a national media spokesperson for the Academy of Nutrition and Dietetics for 9 years. She is a coauthor of *Counseling Overweight Adults: The Lifestyle Patterns Approach and Toolkit* (with the Kushners) and the author of two award-winning books: *The Flexitarian Diet* (ranked a top plant-based diet by *US News and World Report*) and *The Superfood Swap*. She recently starred in (and won!) the hit prime-time ABC television show *My Diet Is Better Than Yours*.

As a certified specialist in sports dietetics, Jackson Blatner is in her 10th season as the nutrition consultant for the Chicago Cubs baseball team. She is the creator of the *Nutrition WOW* blog and weekly eblast, which was ranked the top nutrition blog by *Health* magazine. She is a trusted expert, appearing regularly in media outlets, such as *The Today Show* and *Good Morning America*, is a celebrity diet consultant for *People* magazine, and is on the advisory board of *Shape Magazine*.

When she's not traveling the world sharing her nutrition philosophy, you can find Jackson Blatner in her hometown of Chicago at farmers' markets, in the kitchen testing out new recipes, or jogging to pop music. She has an awesome stepson and lives with her handsome husband, Chris, and shih tzu, Mr. Nuts.



Introduction

LOSING WEIGHT AND KEEPING IT OFF

Robert F. Kushner

*"I feel like I know you—even if I've never met you.
That's because I'm a good listener."*

ROBERT F. KUSHNER, MD

OVER NEARLY FOUR DECADES, I have counseled thousands of people who want to lose weight and get healthier. And I have spent countless hours compassionately listening to my patients, hearing their personal stories and supporting them through their weight-loss journeys. Though each person, just like you, was a unique individual—with differences in looks, where they lived, how they were raised, who their family was, and what they did for a living—their struggles with losing weight shared similar and familiar themes.

Going On and Off Diets

The themes look something like this: You decide to try a new diet plan, but since most diets are restrictive and hard to stick to, eventually you stop following the diet. With time, your old habits or patterns of behavior that feel familiar and comfortable creep back into your life. In essence, when you drift back to old habits, you inevitably end up putting weight back on and feeling frustrated. This

backsliding, so common among persons trying to lose weight, used to frustrate me too—until I discovered that the same patterns of behavior kept causing the backsliding. People seldom, if ever, learned new healthy habits from restrictive diets.

With this new insight, I found that helping people regain control of their weight became easier, as long as I could identify which behavior patterns were sabotaging their weight loss success. As the saying goes, “Once you name it, you can tame it.” This is where I have spent the bulk of my practice—in helping people just like you learn how to tackle these behaviors head on, shape their lifestyles into healthier ones, and ultimately achieve weight loss that’s sustainable over the long term. I have been studying these “default” behavior patterns of people for most of my career, and through my latest research, I discovered that these behavior patterns cluster into six “factors” that are major barriers to successful weight control. Once you know your factors, I can personalize a plan that will help you lose weight and keep it off.

It’s All About You

You can’t change your age or genetics, but you do have the power to change your lifestyle patterns or habits, which are often the most important factors for successful weight loss and maintenance.

If you’re like many people wanting to lose weight, you’re probably looking for a way forward—something that will work specifically for you—to help support your success with losing weight and keeping it off. Different from the one-size-fits-all diets you’ve tried in the past, the *Six Factors to Fit* program offers you a unique approach that’s based on *your* individual needs.

I have developed a tool that within 10 minutes gets to the heart of why you’ve been struggling with weight loss. Your score will reveal what’s been tripping you up, and then you’re guided through a program that targets your issues to help you take off the weight. It all begins with getting to know *you*.

As with any weight-loss program you are considering, you’re

probably wondering what the program is and whether it is something that you can follow. Know that there are no gimmicks with the *Six Factors to Fit* program, and it is not a restrictive diet that you go on and off. Instead it's a lifelong weight-management and healthy-living program all in one, personalized just for you. Here are a few highlights that distinguish the *Six Factors to Fit* program from the more familiar, one-dimensional, food-focused diets:

- *Six Factors to Fit* addresses all aspects of how you approach and live *your* life that can get in the way of losing weight and keeping it off (eg, unhealthy eating, inactivity, insufficient sleep, low energy, unhealthy stress response, neglected self-care, ineffective coping skills, a poor body image, or feeling stigmatized by your weight).
- *Six Factors to Fit* uses a progressive approach, taking *your* current diet and habits and guiding you with nudges and tweaks to make your lifestyle healthier. Think gradual changes in eating and living that are easier to implement and stick with.
- *Six Factors to Fit* shows you how to build your own healthy-eating meal plan based on *your* personal tastes and food preferences—a plan that can be altered whenever boredom sets in or your needs change.
- *Six Factors to Fit* offers you the latest breakthroughs in the changing fields of lifestyle medicine, nutrition, exercise science, psychology, biology, and behavior change and tailors them to *your* personal factors to support your success in losing weight and keeping it off.

With this program, you will:

- form habits that stick;
- make healthy eating the easiest choice at home and on the go;
- feel full on fewer calories;

4 SIX FACTORS TO FIT

- incorporate satisfying, treat-type foods into your weekly routine;
- build physical activity into your busy life;
- improve your mood;
- boost your energy level;
- better manage your stress;
- be more comfortable with your body; and
- find the fun in healthy living.

As you can see from this list—and this is only a partial list of what you can look forward to—*Six Factors to Fit* isn't a typical diet book, and I'm not your typical physician.

Physician Pioneer

My path to bringing you this program spans my nearly four-decade-long, nontraditional career as a nutrition, weight-management, and lifestyle-medicine physician expert. As a young doctor interested in diet, nutrition, and weight control, I learned that if I wanted to help my patients lose weight and keep it off, merely helping them adjust their carbohydrates, fats, or calories wasn't enough. I also needed to become an expert in helping them take control of other lifestyle factors that affected their weight, including physical activity, behavior change, stress management, and even sleep. While diet books promising one-size-fits-all solutions to losing weight were cropping up, I took an opposite approach. I was paying attention to the different habits causing weight gain that were emerging in my patients and began to create tailored treatment plans to meet the individual needs of each patient.

As a passionate clinician, educator, researcher, and advocate, I have dedicated my career to helping improve the lives of those affected by being overweight or having obesity. Now, with the publication of *Six Factors to Fit*, I can help you too.

What's in It for You

Here's a quick overview to help you get the most out of *Six Factors to Fit*.

Part I: A New Approach to an Old Problem

Chapters 1 through 3 lay the foundation and are best read in sequential order before you begin the program. Rest assured there will be no silly rules to follow or long lists of forbidden foods. You will learn in Chapter 1 how losing weight in a healthy way involves looking at many aspects of your lifestyle and not just the types of foods you eat. In Chapter 2, you will take the Six Factor Quiz, get your scores, and then find out how to interpret your results, prioritize your weight-loss plan, and begin your life-changing program. Once you understand the link between how your habits and stressors can trigger what contributes to your weight gain, you can start the *Six Factors to Fit* program with greater insight and self-empowerment. Chapter 3 offers a review of healthy-lifestyle fundamentals that apply to all factors and ensures that you have all the tools you need to lose weight, keep it off, and adopt a healthy lifestyle for life.

Part II: Your Targeted Treatment Plan

This is where the work of healthy weight loss begins. Based on your Six Factor Quiz results, you will be guided to the specific chapters that are pertinent to your individual needs. So you'll be diving right into targeted strategies that make the most sense for where you need the most help. Based on your personalized plan, you'll learn how to convert your weight-gaining factors into weight-losing habits. Using evidence-based recommendations based on the latest research, Chapters 4 through 9 share the secrets to helping you adopt and sustain behaviors that boost motivation and weight loss, build confidence, and put you back in control of what you thought was uncontrollable.

Part III: Your Successful Lifelong Journey

Here's where you discover exactly what you need to know to **keep weight off long-term**—one of the most challenging aspects of weight loss. In Chapters 10 through 12, you'll learn how to determine your lowest achievable weight, follow key mindset and behavioral strategies that are proven to help you stay motivated and boost success, and tap into a variety of practical resources available to make building your own healthy-eating meal plan easier. The game of keeping weight off really is a team sport. Here you identify the team members, treatment options, and support available to help you the most—especially when the going gets tough. If at any point during the program you want to leap ahead to prepare for the weight-maintenance stage or if you are looking for additional help with meal planning, preventing weight regain, or finding additional resources, be sure to access the useful information in these chapters.

Unique Features of This Book

The unique features of this book include the following:

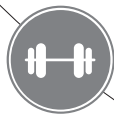
- the Six Factor Quiz—a 10-minute, 27-question, scientifically validated quiz that zeroes in on your weight-gaining factors with laserlike precision and provides a targeted treatment plan
- the Six Factor Bullseye Visual Tool—a tool that helps you visualize which factors need attention, which show room for improvement, and which you have under better control
- Self-Helping Tips—the most important take-home points to remember
- The Doctor Weighs In—empathetic guidance from me, Dr Kushner
- Factor Focus—helpful nuggets of information that shed light on the essence of each of the six factors
- Mindset Matters—suggestions for how to think differently as you approach your personalized program

- Take-Control Action Steps—easy-to-follow, evidence-based steps for each of the six factors that are tailor-made to fit your busy life
- Personal Profiles, Success Checklists, and Frequently Asked Questions to help you get the most out of each of the six factor chapters
- a meal-planning chapter with Dietitian Pro Tips—practical, expert tools and tips for making meal planning easier and finding the fun in a lifetime of healthy eating

Mystery Solved!

The secret to losing weight and keeping it off may be a mystery to you, but it's not for me. It's what I've been helping my patients do every day in my practice for nearly four decades. If you've ever thought that losing weight and keeping it off was unachievable, *Six Factors to Fit* is here to change all that. I'm excited to finally share my insights. As you embark on your *Six Factors to Fit* journey and start embracing the healthier habits that fit your life, I would love to hear from you. Please connect with me through my website (www.drrobertkushner.com), about your experiences. Stay engaged, read my blog, watch my videos, ask questions, get updates, be inspired, and increase your chances of success!

SAMPLE
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or Resale



PART I

A NEW
APPROACH
TO AN OLD
PROBLEM





Chapter 1

BE EMPOWERED!

HAVE YOU EVER WONDERED why you haven't been able to lose weight and keep it off? Though your instinct may be to blame yourself for a lack of willpower, the *Six Factors to Fit* program will hopefully convince you otherwise. Dr Kushner's practice focuses on helping people just like you identify and overcome lifestyle-related issues that have led to weight gain and worsening health. We believe that focusing on willpower is the wrong way to think about obtaining improved health, whether you're trying to manage your weight, to eat better, to be more physically active, or to get a restful night's sleep. We live in a time-pressured society in which overeating, underexercising, and fast-paced living are the norm, and in such an environment, willpower just doesn't work very well.

The word *willpower* implies that you have an innate, internal driving force that generates self-discipline and determination and allows you to take on any battle or problem, regardless of the obstacles that fall in your path. It has a kind of "superpower" ring to it: "If I muster all of my inner strength, I can take on the world!" There is also an "all-or-nothing" quality that suggests either you have willpower (you are strong and confident) or you don't (you are weak and lazy). This just is not how real people successfully take control of their weight.

Your Personal Weight Story Matters

You have your own weight story to tell and your own personal relationship with food, physical activity, mindset, and emotions that