

# 50 Things Your Doctor Wishes You Knew About Losing Weight

We asked doctors, dietitians, therapists, and other weight loss experts the key facts their clients most often miss. Make sure to master these oft misunderstood facts if you're looking to shed a few pounds.

BY CHARLOTTE HILTON ANDERSEN

## It's about progress, not perfection



ANDRII KOBRYN/SHUTTERSTOCK

"Attitude is everything. When shedding weight, progress is more important than perfection. Small steps lead to big changes. And, if you fall off the wagon, jump back on. Each day is a new day to eat and be well." — *Jared Koch, certified health coach and nutritional consultant, founder of [CleanPlates.com](http://CleanPlates.com)*