

Writing the Pounds Away the Right Way

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Shape Magazine:

We all know that tracking your food and workouts is proven to help with weight loss, but what about journaling what's important to you? Can the simple act of writing down what matters to you most in life help you to live a healthier life? Values and weight may not seem related but they might just be, according to a new study published in *Psychological Science*, a journal of the Association for Psychological Science.

The study looked at 45 women with a body mass index (BMI) of 23 or higher, with a little more of half of them considered overweight or obese. (A normal weight BMI is 18.5 to 24.9.) The women were weighed and then given a list of values — relationships with friends and family, politics, music, creativity, etc. — that they were to rank in order of importance. Then, half of the group was told to write for 15 minutes about which value they found to be most important. The other half was told to write about a value they found unimportant yet why someone else might see it as important.

Read the full story: [*Shape Magazine*](#)