

# January Topic: Healthy Weight



- Two thousand steps equals approximately one mile of walking. By walking 10,000 steps a day, the average person will burn up to 3,500 calories per week—roughly the caloric equivalent of 1 pound of fat.
- Eat before you get too hungry, and stop eating when you're not hungry.
- Eating whole foods provides the body with vital vitamins, minerals, energy, and health promoting chemicals such as antioxidants.
- A healthy mix of fruits, vegetables, whole grains, lean meats, and low-fat dairy products is a sufficient way to meet the recommended daily allowances for vitamins and minerals.
- Snack healthy. If you feel the urge to eat between meals, choose a low-fat, low-calorie snack, such as fresh fruit, vegetables with low-fat dip or unbuttered popcorn.



For more information about weight management, healthy eating, and active living visit the Navy and Marine Corps Public Health Center website at <http://go.usa.gov/cXQuG>



Presented by NHCH Health Promotion  
For more information call us:  
808-471-2280

