



20 TIPS for Weight Control

- 1 GET INFORMATION.** Ask your health care provider for advice specific to your health needs or a referral to a weight management program, specialist or other resources.
- 2 SET GOALS.** Increase your chances for success by setting short and long-term goals. This can help provide a sense of accomplishment and keep you motivated.
- 3 KEEP A RECORD.** Write down all the foods and beverages you consume for one week, noting the time and what you were doing. This can identify unhealthy eating trends, such as eating while watching television, and can help you make changes.
- 4 LOSE WEIGHT GRADUALLY.** Gradual weight loss is proven to be the most effective method for long-term success. Weight loss of ½ to 2 pounds per week is considered safe.
- 5 FOCUS ON BODY COMPOSITION.** Change your body composition by reducing body fat and increasing lean muscle. This can help you burn more calories to reach or maintain a healthy weight.
- 6 ORDER HEALTHIER FAST-FOOD.** Choose grilled chicken sandwiches instead of burgers, replace fries with a salad or fruit and order water, juice or diet soda instead of regular soda.
- 7 DON'T DIET, CHANGE HABITS.** Regular exercise and healthy food choices are lifestyle changes, not temporary solutions to weight loss, such as dieting. Gradually incorporate changes for successful weight loss and long-term weight control.
- 8 DRINK PLENTY OF WATER.** For weight control, water is the best choice, but other decaffeinated, low or calorie-free beverages can also contribute towards your daily fluid intake. Try to drink eight glasses of water every day.
- 9 CONTROL PORTION SIZE.** Even when you eat nutritious foods, limiting the amount of food you eat may be needed to avoid weight gain. Use a smaller plate or share an entrée when eating out.
- 10 EAT SLOWLY.** It takes 15-20 minutes for your brain to get the message that you are full. By eating slowly, you'll feel more satisfied with smaller quantities and may be able to keep from overeating.
- 11 EXERCISE REGULARLY.** Add some type of exercise or physical activity to your daily routine to increase energy, build stamina, reduce your risk for disease, and to help reach or maintain a healthy weight.
- 12 REMOVE TEMPTATIONS.** Replace high-calorie, high-fat snacks with healthy options such as fruits, vegetables, whole-grain crackers or pretzels, and low-calorie beverages.
- 13 PLAN AHEAD.** Ensure healthy foods will be available when you are hungry by planning meals and shopping in advance. This can help you avoid unhealthy choices and increases your awareness about the foods you're eating.
- 14 DON'T SKIP MEALS.** When you skip meals, your body senses that food is scarce and it burns fewer calories. By eating small, frequent meals throughout the day, your metabolism stays active and burns calories faster.
- 15 LIMIT ALCOHOL.** Alcoholic beverages have no nutritional value and provide excess calories. For some individuals, drinking alcohol can lead to excess consumption of food.
- 16 READ LABELS.** Make it a habit to read nutrition labels on the foods you buy. Pay attention to the serving size and avoid foods high in calories, saturated fat, trans fat, sodium, cholesterol, and sugar.
- 17 COOK HEALTHY.** Use methods such as baking, broiling, poaching, roasting, or steaming to avoid adding fat to your food.
- 18 CHOOSE WISELY WHEN DINING OUT.** Order a healthy appetizer as your main course, request salad dressings and sauces on the side, share an entrée, or ask your waiter about altering a menu item to make it more healthy.
- 19 SHOP SMART.** Shop with a grocery list and on a full stomach to reduce impulse purchases as well as the temptation to buy high-fat, high-calorie foods.
- 20 CHOOSE A SUPPORT TEAM.** Surround yourself with positive, supportive people to help you deal with the challenges related to reaching your weight management goals.



Sources: American Heart Association, U.S. Department of Health and Human Services and the National Institutes of Health



Visit our award-winning Healthy Living page at www.healthnetfederalservices.com

PROVIDED BY HEALTH NET FEDERAL SERVICES  Preventive Care Services

PF5011884x0808

