

# TIPS TO MANAGE YOUR WEIGHT

## 7 STEPS TO MAKE IT



### 1) PORTION CONTROL

- Smaller frequent meals
- Practice intuitive eating
- Avoid eating in front of the TV
- Don't super size meals or beverages

### 2) MODERATION

- Limit fried greasy foods
- Limit Alcohol consumption
- Limit processed Carbohydrates
- Limit sweets and sugary beverages

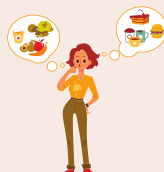


### 3) REGULAR EXERCISE

- Participate in favorite sport activities
- Strength training and stretch exercises
- Aim at 30-minutes of Cardio on most days
- Use exercise as transportation (walk/stairs)

### 4) MAKE HEALTHIER CHOICES

- Read food labels & food swap
- Select mono & poly-unsaturated fats
- Enjoy lean protein (fish and chicken)
- Choose whole grains and high fiber carbs



### 5) DRINK PLENTY OF WATER

- Aim at 8 glasses per day
- Add a lemon, lime, or herb for flavor
- Carry a bottle of water on-the-go
- Buy a special cup as a daily reminder

### 6) EAT MORE FRUITS & VEGGIES

- Eat them raw as a snack
- Try vegan or vegetarian meals
- Blended them to make smoothies
- Incorporate them into other recipes



### 7) BEHAVIOR MODIFICATION

- Eat when truly hungry
- Plan meals in advance
- Consume food at a slower pace
- Don't grocery shop on a empty stomach