

Why weight? 10 ways to take control

- 1 **Put it in writing.** Weight loss occurs slowly. Aim to lose 1 to 2 pounds a week. Set weekly or monthly goals, track your progress. By writing down your goals and your food intake, you make yourself accountable.
- 2 **Calories in = Calories out.** Do the math. Calories you eat have to go somewhere, and excess calories go right to the places don't want them to go. Eat no less than 1,200 calories, no matter what. Don't starve yourself. Activity burns calories.
- 3 **Eat mini meals.** Don't skip meals. In fact, add mini meals or snacks under 100 calories each that include fruits and vegetables.
- 4 **Plan ahead.** Shop with a list. Plan for busy nights to avoid a drive-through meal. Idea: Take 5 pieces of fruit to work on Monday and eat one every day.
- 5 **Eat and drink wisely.** Beware of hidden calories in that soft drink or sweet tea. Read food labels because "fat free" does not mean calorie free. And it's all about calories.
- 6 **Portions and pleasure.** There are no bad foods, just big portions. Think small, avoid supersizing anything, including yourself. Don't eat to get full – just get comfortable.
- 7 **Eat from the stop light.** Red, yellow, green – make colorful choices from the brightly colored fruit and vegetable group.
- 8 **Believe in breakfast.** Regular cereal eaters tend to have healthier diets overall. Start your day right.
- 9 **Make a lifelong commitment.** Permanent weight loss and weight maintenance take time and effort. Avoid quick-fix, unrealistic diets. You will overeat at times but never give up.
- 10 **Move it or you won't lose it.** Physical activity is vital to weight maintenance and essential for weight loss. It's also the real fountain of youth when it comes to just plain good health.

