



# 5 Ways to Reach & Maintain a Healthy Weight

1. **Keep a Food Journal.** Research shows that those who “write it down” tend to eat less, eat wiser and are inspired to stay on a healthy eating plan. Keeping a food diary each day is key to mindful eating. Several studies (*American Journal of Preventive Medicine, Aug 2008*) show that dieters who keep a daily food journal lose twice as much weight as those who don’t.

2. **Attack “Sitting Disease”.**

- ♥ Stand when you could sit (like talking on the telephone).
- ♥ Walk when you could stand (like shooting the breeze with a friend).
- ♥ Use the treadmill while watching the morning or evening news.
- ♥ Take the stairs instead of the elevator.
- ♥ Park the car further away from the door, to increase your steps.
- ♥ Wear a pedometer and aim for at least 5,000 or more steps a day—working toward 10,000 steps (5 miles) a day.



Shockingly, 70 percent of Americans don’t get enough exercise. Increasing your activity by 5 minutes a day will help you reach your weight goal and maintain a healthy weight. Every little bit does help—you don’t need to do all your activity at one time. Keep your activity fun and flexible—and you’ll stay with it! Tip: Research shows that for every hour of regular exercise, you can receive 2 hours of additional life expectancy!

Bottom line—***Walk More, Live Longer.***

3. **Eat Breakfast.** At the very least--don’t skip it! Starting your day off right pays off in the long run. Research shows those who eat breakfast maintain their weight loss. Tip: Eating a bowl of oatmeal (oat cereal or oat bran) helps reduce LDL cholesterol—the secret, insoluble fiber!



4. **Strive to Eat 500 fewer calories each day** (do not go below 1200 calories a day) and Exercise at least 30 minutes on 5 days a week or more. This will help you achieve a steady, safe weight loss that will also help you lower your risk of heart disease, stroke and diabetes. Tip: Trim 100 calories a day, and you’ll lose 1 pound in 35 days. OR Eat 50 calories less a day and burn an extra 50 to achieve the same result!

5. **Don’t let a “slip up” get you down.** If you get off your eating plan, or ate more than you planned for the day or didn’t exercise by the time the sun set—don’t despair. Get back on track immediately and realize it takes effort and time to establish a healthy lifestyle. Let this Japanese proverb be your guide—

***Fall seven times, stand up eight.***

