

Manage Weight

20 TIPS

1 Move more. Eat less.

2 Step up your physical activity.

3 Plan exercises in your daily and weekly schedules.

4 Keep an eating and physical activity log.



5 Eat regular meals.

6 Include a healthy breakfast every day.

7 Shop for foods after you have eaten, not when you're hungry.



8 Drink water before meals. Have 6-8 glasses a day.

9 Get at least 6-7 hours of sleep per night.

10 Learn emotional eating triggers and avoid them.

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11 Keep these "L" words in mind when choosing foods: Less; Limit; Little piece; Low-fat.

12 Eat at home more often.

13 Have meals at the table, not in front of the TV.

14 Take 20 minutes to eat a meal.



15 Eat off of smaller dishes, bowls, and plates.

16 Use utensils for meals and snacks.

17 Avoid "all-u-can-eat" buffets and places.



18 Say no to supersizing meals.

19 Share a restaurant meal with a friend (or yourself the next day).

20 Control portion sizes.