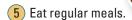
INKformation

Manage Weight

- 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.



- 6 Include a healthy breakfast every day.
- 7) Shop for foods after you have eaten, not when you're hungry.

- Drink water before meals. Have 6-8 glasses a day.
- Get at least 6-7 hours of sleep per night.
- 10 Learn emotional eating triggers and avoid them.

formation Manage Weight

Manage Weight

- 11) Keep these "L" words in mind when choosing foods: Less; Limit; Little piece; Low-fat.
- Eat at home more often.
- (13) Have meals at the table, not in front of the TV.
- Take 20 minutes to eat a meal.

- Eat off of smaller dishes, bowls, and plates.
- Use utensils for meals and snacks.
- Avoid "all-u-can-eat" buffets and places.

- (18) Say no to supersizing meals.
- Share a restaurant meal with a friend (or yourself the next day).
- Control portion sizes.

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