Self-Care Corner

10 habits for healthy weight

1. **DRINK MORE WATER.** Staying hydrated can give you more energy to be active.

2. **DON'T DRINK SODA.** Sugary drinks add extra calories and no nutrition. Try to cut back or skip them all together.

3. **GET EXERCISE.** Don't worry about getting exercise every single day. If you miss a day or two, start again. Don't give up.

4. **EAT MORE FRUITS AND VEGETABLES.** Replace high-calorie foods like French fries, potato chips or processed foods with fresh or frozen fruits and veggies.

5. **FOCUS ON SLEEP.** Being rested helps control hunger and may help you prevent weight gain.

6. **EAT ONLY WHEN HUNGRY.** Treats are tempting but save them for special occasions.

7. **CONTROL FOOD PORTIONS.** Start with small amounts of food on your plate and eat slowly. Then, go back for more food only if you're still hungry.

8. **KEEP A FOOD DIARY.** Write down everything you eat. This may help you understand where you could make better food choices. You can also use an app on your phone or computer to do this.

9. **DON'T EAT IN FRONT OF THE TV.** Instead, eat without distractions at a table. This can help you avoid mindless overeating.

10. **TRY STRENGTH TRAINING.** Exercises like leg lifts and push-ups build muscle. This helps you burn more calories, even while resting.

Look for more healthy, proven ways to lose weight at www.familydoctor.org. This website has advice on healthy food choices, exercise basics, and more.