

12 HEALTHY WAYS TO LOSE WEIGHT AND KEEP IT OFF

Losing weight doesn't have to be overwhelming. Here are 12 simple, healthy actions that anyone can do to begin losing weight - or to stay at a healthy weight. Try picking one or two things from the following list and commit to doing them for a week. Next week, try to add one more - before you know it, you'll start to look and feel better.

1. SET SMALL, REALISTIC GOALS. Focus on losing a small amount of weight first. Reward yourself with a movie or a ballgame.

2. ADD PHYSICAL ACTIVITY INTO YOUR DAILY LIFE. Walk on your lunch break. Take the stairs instead of the elevator. Dance, garden or even play basketball with the kids.

3. EAT REGULAR MEALS. Eat three small meals and two healthy snacks each day. And don't skip breakfast! If you get too hungry, it will be

4. EAT MORE VEGETABLES. 5 servings a day vegetables (without butter or sauces) and four servings of fruit will help fill you up and lower your risk of heart disease.

5. CUT BACK ON REFINED (WHITE) FLOUR. Eat breads, cereals and pasta made from whole grains instead. It will fill you up faster and give you more fiber, vitamins and minerals.

6. CHOOSE LOW-FAT AND LOW-CALORIE FOODS. Read labels to make sure you are making good choices. Try low or fat-free milk, cheese and salad dressings.





7. BAKE, BROIL OR GRILL FOODS. To add flavor, use spices like lemon pepper or garlic, rather than butter or oil.

8. EAT WHEN YOU ARE HUNGRY. Starving yourself usually backfires and may lead to overeating later on.

9. EAT SLOWLY AND STOP WHEN YOU ARE FULL. It takes 20 minutes before your body feels full.

10. EAT SMALLER PORTIONS. Look at recommended "serving sizes" on packages. At restaurants, try splitting a meal with a friend, ordering a la carte, or taking half the meal home for lunch the next day.

11. DRINK FIVE TO EIGHT GLASSES OF WATER EVERY DAY. Not getting enough water can make you feel sluggish and tired - making it harder to exercise and stick with healthy eating.

12. AVOID OR CUT BACK ON ALCOHOL. There are a lot of calories in beer, wine and other alcoholic drinks.

