

LOSE WEIGHT BY... PLANNING AHEAD!!!

Every Day:

- Set your physical activity and eating plans in advance.
- Eat slowly, enjoy your food.
- Plan to drink plenty of low-calorie fluids.
- Make time for physical activity. Being active for just 10 minutes at a time makes a difference.
- Consider activities you can do throughout the day: take the stairs, park farther away, walk to the store, or do some housekeeping.



At Home:

- Plan your menu for the week.
- Go to the grocery store with a list. Stick to the list!
- Avoid or limit trans fats such as lard, butter, or shortening—basically avoid or limit any fats that are solid at room temperature.
- Fix your plate in the kitchen and bring it to the table to eat. Leave the serving bowls in the kitchen.
- Take a 5-minute break before getting a second helping. Then ask yourself if you are still hungry.

Away from Home:

- Choose restaurants with healthy options.
- Don't go to a social event or do your grocery shopping on an empty stomach.
- Pack a healthy meal and/or snacks for work or travel.

