

5 Steps to a Healthy Weight: Family Fun, Food and Fitness

Get off the diet roller coaster – take these five simple steps to a healthier family!

1. Be Active

Change the “E” word from exercise to enjoyment. There is no need for expensive health club memberships or fancy exercise equipment. Just get active for a total of 30 to 60 minutes a day – three brisk 10-minute walks will do the trick. Just do it – and see how great you feel. Fun is also the key to family fitness, so:

- **Make family time active – head to the park with a ball, a Frisbee, or a kite.**
- **Walk around the ball field or school while the kids practice or play a game.**
- **Plan active vacations – hiking, biking, swimming, or walking.**

2. Be Realistic

Make small changes in what you eat.

Breakfast is a tasty time to power up for the day. Look for high-fiber and lower-fat choices:

- Oatmeal, fruit, and fat-free milk.
- Mix a little high fiber bran cereal in with other favorite dry cereal.
- Toaster waffles with fruit topping.
- Whole-wheat toast with peanut butter and low-fat milk.

4. Be Flexible

Balance what you eat through the day.

Lunches can be lighter when you are going out for a big dinner. Look for easy ways to lower fat intake.

- Share a small order of fries with a friend.
- Go for light mayo or use mustard on sandwiches.
- Add a piece of fruit or a side salad to your usual fast food.
- Choose 1% (low fat) or skim (fat free) milk.

3. Be Adventurous

Expand your tastes with 5 A Day.

Snacks are the smart way to get a jump-start on the 5 to 9 servings of fruits and vegetables that you need every day.

- Baby carrots and low-fat dip.
- Banana and a carton of 1% milk.
- Vegetable juice and fat-free pretzels.
- Canned fruit and low-fat cottage cheese.

5. Be Sensible

Enjoy all foods – just don't overdo it.

Dinnertime is a great time to enjoy moderation and to listen carefully to your signals from your stomach. Eat slowly, enjoy each bite and ask yourself if you feel full or satisfied.

- Try eating off smaller size plates.
- Start with moderate portion sizes.
- Turn off the TV and focus on food and family time.
- Eat slowly and chew carefully.

My goal to start working on today: