

# WEIGHT CONTROL TIP SHEET

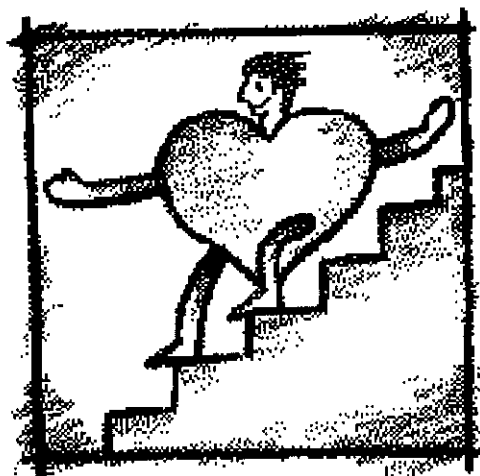
## Do You Know?

- You can teach your body to burn more calories. Just become more physically active.
- You should not lose weight too fast. One-half to one pound a week is best.
- Regular physical activity is one of the best predictors of who will lose weight and keep it off.
- Quick-weight-loss diets don't work. All too often, the weight rapidly returns after you stop a program that promises quick results.

"Habits are not to be thrown out the window. Rather, they must be coaxed downstairs one step at a time."  
— Mark Twain

## FOOD AND YOU

- ▶ CHOOSE LOW-FAT VERSIONS OF YOUR FAVORITE FOODS.  
Fats have more than twice as many calories as equal amounts of carbohydrates and proteins. Compare



a piece of apple pie at 400 calories to a fresh apple at 100! Choose lean meat cuts in small portions and nonfat or low-fat dairy foods.

- ▶ SERVE UP PLENTY OF CARBOHYDRATES.  
Satisfy your hunger with fresh fruits, vegetables, cereals, pastas, rice, whole-grain breads and dried beans. These have more nutrients than sugars like soft drinks and candy.
- ▶ PREPARE YOUR FOOD WITHOUT ADDED FAT.  
Broil, steam, grill and stir-fry. Season with herbs, wine and fruit juices instead of fats.
- ▶ EAT LESS MORE OFTEN.  
Plan ahead and avoid skipping meals to keep the "hungries" away.
- ▶ LISTEN TO YOUR HUNGER SIGNALS.  
When you want to eat something, decide if you are truly feeling hunger signals. Or are you angry, bored, lonely, sad or feeling some other emotion or mood? If you are not physically hungry, do something else.

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Resource ID#: 3745

Weight control tip sheet

If you are truly hungry, eat a healthful meal or snack.

▶ **TREAT YOURSELF IN A POSITIVE AND GENTLE WAY.**  
Seek a support group or counseling if you feel hopeless, worthless or trapped.

▶ **BE A PARTY PLANNER.**  
Look ahead to when you will need to eat in social settings. Plan what you will eat and drink. Eat less fat and/or be more active the few days before a party. Stave off the munchies — eat a small heart-healthy snack before arriving at the party.

### PHYSICAL ACTIVITY

- ▶ **START SLOWLY.**
  - See your doctor before you begin a fairly vigorous physical activity program if you are middle-aged or older and have been inactive for several years, or you have a medical condition.
  - Start by **walking** at a comfortable pace for 15 minutes, 3-5 days a week. Break your 15 minutes into three, five-minute mini-sessions spread through your day. You can add five minutes every two to three weeks, gradually working up to 30-60 minutes a day. You should not feel strain or pain at any time.

▶ **SNEAK ACTIVITY IN WHENEVER YOU CAN.**  
Build up your activity time during the day.

- Take stairs and park farther away from your destination.
- Ride bikes with your family, walk your dog and enjoy outdoor games.
- Develop active pastimes and hobbies, such as gardening or hiking.

▶ **PLAN IT THE WAY YOU LIKE IT.**

- Choose an activity you enjoy and one that will be easy for you to do often. It just may become one of your favorite habits.
- Biking, walking, jogging, swimming, rowing and cross-country skiing are excellent fat-burners. Work up to 30-60 minutes at a time, 3-5 times per week.
- A good way to burn excess fat is to exercise at a moderate pace for a longer time and to do it regularly.

### FOR MORE HELP AND INFORMATION

American Heart Association  
Call your local office or 1-800-AHA-USA1 (1-800-242-8721).

American Dietetic Association  
1-800-745-0775

Also, ask your doctor, local hospital or clinic, insurance company, employer, library or someone who has lost weight and kept it off.

