

# Healthy Weight Tips

## 1. Increase Daily Activity

- o Combine a cardiovascular workout with some muscle strengthening exercises.
- o Pace yourself to lower the risk of injuries.
- o Aim to exercise at least 30 minutes each day.



## 2. Turn the TV OFF

- o TV viewing is the leading behavioral predictor of obesity.
- o The risk of obesity increases 25% for every 2 hours viewed daily.



## 3. Keep a Log

- o Keep track of everything you eat and drink.
- o Include all portion sizes.



## 4. Skip Sugary Drinks

- o Replace with water.
- o Soda, fruit, and sports drinks offer zero nutritional value.

## 5. Eat Moderately

- o Control food portions.
- o Be constantly aware of your eating habits throughout the day.



## 6. Sleep Right

- o Get an average of 7 hours of sleep each night.
- o Lack of sleep increases cravings for sweets.

## 7. Slow and Steady

- o Be patient.
- o Plan goals to work toward.
- o Face the benefits and challenges that come with losing weight.



## 8. Make Realistic Goals

- o Initial goal should be 5-10% of your current weight.
- o Breaking weight loss into several stages will make it much more likely for you to reach your goal.



GastroDoxs  
defenders of the digestive system