

# Healthy habits for Weight Maintenance

## Stick to a Healthy Diet

Successful maintainers commit to a calorie-controlled diet long-term. Stay conscientious of your calories and fat to avoid weight re-gain.



## Eat Breakfast

Start your day off on the right foot.



## Prepare Food at Home

Home-cooked meals are often lower in calories, fat & sodium.



## Stay Committed

Weight maintenance is a lifelong endeavor. Stay true to your healthy diet & exercise habits each and every day.



## Be Active

Aim for at least one hour of moderate physical activity (like brisk walking, biking or hiking) every day.



## Weight Yourself

Most successful maintainers weigh themselves every day or at least once a week.



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