

10 Steps to a Healthier Weight

Reaching a healthy weight requires lifestyle changes. A healthy weight cannot be reached with a quick fix, such as trendy diets or with expensive pills. The best method for achieving a healthy weight is to create a plan that will last a lifetime. Follow these 10 steps to help you meet your weight goals:

1. Make health your number one priority.

- ✓ Emphasizing health can raise your overall self-esteem resulting in healthy eating, weight loss, and improved health.

2. Create a plan and write it down.

- ✓ Use MyPlate.gov to find out how much food from each food group you should eat.
- ✓ Try keeping a food log to look back and see what you ate.

3. Set realistic goals.

- ✓ If you set unrealistic goals, it is easy to become discouraged.
- ✓ Take it step by step and give yourself time.

4. Eat at least 3 meals a day.

- ✓ Skipping meals will leave you hungrier later in the day.
- ✓ Plan your meals ahead of time and eat a variety of foods.

5. Snack on healthy foods between meals.

- ✓ Choose nutritious snacks such as fruits, vegetables, and low-fat yogurt.

6. Make smart food choices.

- ✓ Your body needs foods from every food group.
- ✓ Make sure to include a variety of foods in your food plan.

7. Practice portion control.

- ✓ Learn the correct portion sizes and eat the proper portions for meals and snack.
- ✓ Use smaller plates to help gauge proper portions.

8. Listen to your body.

- ✓ Know when you are full and stop eating before you are stuffed.

9. Eat slowly.

- ✓ It takes about 20 minutes for your brain to get the message that you are satiated.
- ✓ If you eat fast, you will consume more because your body does not know it is full.

10. Be active.

- ✓ Routine physical activity is important for your overall health.
- ✓ Exercise will not only help you maintain a healthy weight, but it will decrease your risk for chronic illness.

