



## Five Tips to Reach and Maintain a Healthy Weight

Weight loss is most likely to be successful when people change their habits, replacing old, unhealthy ones with new, healthy behaviors. Here are 5 ways to make that happen:

- 1. Exercise** Regular physical activity burns calories and builds muscle — both of which help you look and feel good and keep weight off. If you want to burn more calories, increase the intensity of your workout and add some strength exercises to build muscle. The more muscle you have, the more calories you burn, even when you aren't exercising.
  - Cycling to school,
  - Walking the dog, or
  - other things that increase your daily level of activity
- 2. Reduce screen time** One reason people get less exercise these days is due to an increase in "screen time" or "the amount of time spent watching TV, looking at the computer, using mobile devices, or playing video games."
  - Limit recreational screen time to less than 2 hours per day
  - With friends at the mall, you're getting more exercise than if you're texting them from your room.
- 3. Watch out for portion distortion** Portion sizes are bigger than they used to be, and these extra calories contribute to obesity. Another key factor in weight gain is that more people drink sugary beverages, such as sodas, juice drinks, and sports drinks.
  - Choose smaller portions (or share restaurant portions) and
  - Go for water or low-fat milk instead of soda.
- 4. Eat 5 servings of fruits and veggies a day**
  - Fruits and veggies more than just vitamins and minerals, also packed with fiber, which means they fill you up.
  - Fill up with fruits and veggies, less likely to overeat.
- 5. Don't skip breakfast** Breakfast kick-starts your metabolism, burns calories and gives energy to do more during the day.
  - People who skip breakfast often feel so hungry that they eat more later on. So they get more calories than they would have if they ate breakfast.
  - Individuals who skip breakfast tend to have higher BMIs than people who eat breakfast.