

## Are You at a Healthy Weight?

A healthy weight is not just a number. It is a weight that is best for you – a weight at which you are in good health and feel good about yourself.

Getting to your healthy weight will take time, patience and a willingness to stick to your plan. It may take 2 to 3 months to see a difference. There are 2 things you will need to do:

### 1. Slowly increase your physical activity.

Check with your health care provider before starting an exercise program. If you have a health problem or just had a baby, you may have to start slowly and build up.

#### HOW TO GET STARTED

- **If you are not physically active:**  
*Try adding a few minutes of physical activity to each day. Slowly build up to 30 minutes of moderate-intensity activities.\**
- **If you are now active, but less than 30 minutes a day:**  
*Try adding more activity:*
  - ✓ *Moderate-intensity activity\* for 30 minutes or more on 5 or more days of the week, OR*
  - ✓ *Vigorous-intensity activity\*\* for 20 minutes or more on 3 or more days of the week.*
- **If you are now engaging in moderate-intensity activity\* for at least 30 minutes on five or more days of the week:**  
*Try to increase the time spent on the activity or the intensity of the activity. You will become stronger and healthier!*
- **If you are engaging in vigorous-intensity activities\*\* 20 minutes or more on three or more days of the week:**  
*Keep it up!*

#### \*Moderate-Intensity Activities:

Walk fast  
Ride a bike  
Swim  
Dance

#### \*\*Vigorous-Intensity Activities

Walk very fast, Run  
Ride a bike very fast  
Swim hard  
Play soccer





### 2. Eat fewer calories than you do now.

Work toward balanced, low fat eating that you can live with and enjoy!

- No special foods products or vitamins will burn fat
- No matter what you hear, you cannot buy weight loss in a pill or a powder. Instead, use your money to buy fruits, vegetables, lean meats, whole grain foods and low-fat dairy foods.
- You lose weight better if you eat more than just once or twice a day. So eat breakfast, lunch and supper. If you get hungry between meals, have a low-calorie snack. A piece of fruit or a couple of low fat crackers are good choices.
- Get off pop! Pop is all sugar. Try water with lemon or orange slices. Mix plain sparkling water with fruit juice for a fruit soda.
- Cut way down on the **fat** in your food. Watch out for gravy, margarine, butter, oil, salad dressing and mayonnaise. Try fat-free and low fat seasonings like lemon juice, salsa and mustard.
- Choose low fat foods each day:
  - ✓ Whole grain breads and cereals
  - ✓ Fresh, frozen and canned vegetables
  - ✓ Fresh, frozen and canned fruit and fruit juices
  - ✓ Fat-free and low fat milk, yogurt and cottage cheese
  - ✓ Dried beans and peas such as kidney beans, pinto beans, split peas and lentils
  - ✓ Fish, turkey and lean meats
  - ✓ Foods that are baked, broiled, boiled or grilled rather than fried

**Need more ideas on how you can eat better?** Ask your health care provider to refer you to a dietitian, or visit the American Dietetic Association's (ADA) website at [www.eatright.org](http://www.eatright.org), or call ADA's Consumer Hot Line at 1-800-366-1655.