

Weight Loss Tips

The only way to lose weight is to consume fewer calories than the body expends. Effective weight loss occurs by reducing calories and increasing physical activity. Avoid fad and gimmick diets, pills, or potions that promise quick and easy weight loss. Weight loss from these methods is usually due to water and/or muscle loss, which can have adverse effects on health. The slower the weight comes off the more likely you are to keep it off.

Follow these tips for healthy weight loss:

- ✓ **Set realistic goals.**
- ✓ **Aim for a gradual weight loss of 1-2 pounds per week.**
- ✓ **Choose a variety of foods from all of the food groups in the Food Guide Pyramid.**
- ✓ **Don't skip meals.**
- ✓ **Drink plenty of water to avoid dehydration.**
- ✓ **Eat slowly and pay attention to what you are eating.**
- ✓ **Choose low-fat varieties of food.**
- ✓ **Aim for five fruits and vegetables a day.**
- ✓ **Limit your alcohol consumption, remember alcohol has calories and can be a major contributor to weight gain.**
- ✓ **Eat bigger meals earlier in the day, when activity is the greatest, and smaller meals in the evening, when activity is lower.**
- ✓ **Increase your daily activity levels.**
- ✓ **Add a weekly exercise routine that consists of aerobic training, weight training, and flexibility training.**
- ✓ **Get involved with organized sports teams.**
- ✓ **Get rid of the "all or nothing" mentality.**