

Healthy Weight

A healthy weight is a weight at which you feel good about yourself and you are in good health. It may take 2-3 months to see a difference, but the reward is worth the effort. In order to reach a healthy weight, you must increase your physical activity and also eat fewer calories than you do now.

Increase Physical Activity

30 minutes of physical activity daily is recommended for everyone, especially for those trying to lose weight. 10 minutes at a time is fine too! Losing weight takes time, so be patient with your body. Here are some ideas to get you moving:

- Walking instead of driving
- Riding a bike to work
- Swimming in a pool or lake
- Taking the stairs at work
- Playing ball at the park or gym
- Cleaning the house (washing floors, vacuuming)
- Gardening and raking leaves

* 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.

Eat Fewer Calories Than You Do Now

Work towards finding a balanced low-fat diet that you can live with and enjoy!

- Write down everything you eat for 2 or 3 days. Look at what you eat, when you eat, and how much. Do you tend to overeat at certain times or in certain places?
- Don't buy special products that claim to "burn fat". These don't work. Use your money to buy fruits, vegetables, lean meats, whole grain foods and low-fat dairy foods.
- Eat 3 meals a day. People who eat breakfast and lunch are more successful at losing weight.
- Use fat-free and low-fat seasonings like lemon juice, salsa, and mustard.
- When you get hungry between meals, have a low-calorie snack. A piece of fruit or a couple of low-fat crackers are good choices.
- Drink water when you are thirsty. Add a lemon wedge or orange slices for flavor.

Ideas of Low-fat Foods

- Whole grain breads and cereal
- Fresh, frozen, and canned vegetables or fruit
- Fat-free and low-fat dairy products
- Fish, turkey and lean meats

The source for the information above is the Department of Health Services, Division of Public Health, P-43018 (07/00), State of Wisconsin.