

TIPS ON MANAGING HEALTHY WEIGHT

Research indicates a simple shift in eating habits may help lower your risk of developing certain chronic diseases including osteoporosis, heart disease and obesity. While it can be tempting to cut corners when trying to lose weight, there are simple things that can be done to healthfully shed pounds.

1. **Food First** – Nutrition experts recommend giving your body a nutrient boost by eating real foods instead of supplements. Calcium-rich foods such as lowfat milk, cheese and yogurt are the preferred sources of calcium—and they taste better than a pill.
2. **Take It Slow** – Studies show gradual weight loss increases success for keeping extra weight off permanently. Your goal should be to lose no more than 1 to 1 1/2 pounds per week.
3. **Be A Calorie Burner** – Simple activities such as walking or riding a bike are important to losing extra pounds and maintaining a healthy weight. An increase in any type of daily activity that fits your lifestyle will help you to burn more calories. At least thirty minutes a day is all it takes.
4. **Balance is the Key** – Stick to a healthy, balanced diet that includes a variety of naturally nutrient-rich foods from every category in the Food Guide Pyramid. Organize your eating plan to include at least three servings of dairy foods such as milk, cheese or yogurt, and 8 to 10 servings of fruits and vegetables.
5. **Portion Control** – Try keeping a food diary. You may not know it, but you might be eating for two. Keeping a record of what you eat throughout the day may help you to control portion sizes and count calories, as well as plan more balanced and nutritious meals.
6. **Utilize Office Space** – Coordinate “Get Fit” programs at work and suggest a group walk at lunch or suggest bringing a yoga instructor or personal trainer to the office. Exercise can be a lot easier when you have support, so team up with a co-worker at the office.
7. **Cut Calories, Not Calcium** – Calcium is often sacrificed when people are trying to lose weight because they mistakenly cut dairy foods from their diet for fear of fat. But, recent studies published in leading journals suggest a link between dairy consumption and reduced body weight.
8. **Doctor Before Diet** – Always consult a physician or registered dietitian when modifying your eating plan. A qualified health professional can create a menu plan designed especially for you to help manage your weight and meet your nutrition needs.
9. **Ditch “Miracle” Products** – Say no to diet products that promise fast results with minimal effort and no exercise. Leading an active lifestyle and eating the right foods is doctor recommended and the most effective way to build strong bones and help lower the risk of developing certain chronic diseases.
10. **Keep the Carbs** – Some fad diets suggest cutting carbohydrates from the diet and supplementing excess amounts of protein, which may result in protein overload and will not result in healthy weight loss. Carbohydrates are your energy source and without them the body cannot effectively do its job to maintain your energy level.

