

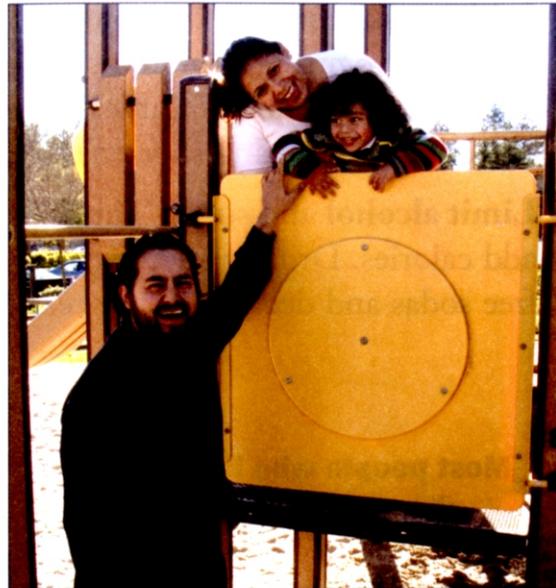
4 Be active.

To move more, make being active part of your day.

- **Start with 10 minutes** a day. Choose an activity you like. Make sure you can fit it in your life.
- **Choose several activities** you like. Walk. Hike. Garden. Dance. Bike. Do a sport. Switch around so you don't get bored.
- **Add another 10 minutes** a day when you're ready. **To lose weight**, aim for 60 minutes on most days.
- **Spread it out.** Walk for 10 minutes several times a day. Work up to 30 minutes twice a day.
- **Add to what you already do.** When you walk, walk faster. Move more when you vacuum the house or wash the car. Use stairs whenever you can.

5 Get support.

- **Ask your family and friends to help you with your plan.** Ask them to be patient. Ask them to help you make good choices.
- **Cook tasty meals** for your family. Invite friends for dinner.
- **Be active with your kids.** Try new games. Bike together as a family. Play badminton or volleyball at picnics. Go swimming.
- **Be active with friends.** Make regular dates to walk, swim, bike or run together.



My family helps me stay active!

My Reasons

Why do you want to lose weight?
Think about it. Add your reasons.

I want to:

- Have more energy.
- Feel better about myself.
- Do things I couldn't do before because of my weight.
- Stay healthy in the future.
- Teach my children good habits.
- _____
- _____

Professional models were used in all photos.
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5 Ways to Lose Weight



I moved more and ate less to lose weight.

Many people lose weight.

Most try many times before they succeed. This time it can work for you!

You may have questions:

Can I really lose weight?

Yes. If you have good reasons for wanting to change your weight, you can do it. Learning to make new choices about food and activity makes a difference.

How do I get started?

Decide you want to lose weight. Then make a plan you can stick with:

- **See your doctor.** Get checked. Ask your doctor to help.
- **Set a goal.** Plan to lose 10 to 12 pounds at first. Use what you learn to lose more if you want to.

1 Plan to succeed.

To lose weight, you need to change how you eat and move.

- **Choose changes you can live with.** Make a food and activity plan that works for you. Ask yourself, “Will I do this?”
- **Start small.** Be active for 10 minutes a day. Do more when you’re ready.
- **Make it fun.** Find new foods you like. Be active with friends. Be proud of your new habits.
- **Give yourself choices.** It’s OK to try many things. If you don’t like walking, ride a bike. If you hate broccoli, eat green beans.



I’ve tried to lose weight before. This time it’s really working.

2 Choose smart foods every day.

Find foods you like that fill you up and are good for you.

- **Eat lots of vegetables.** Learn tasty ways to serve them.
- **Eat fruit for dessert or snacks.** Try melons, strawberries, apples or fruit salad.
- **Add whole-grain cereals,** whole-wheat breads and brown rice to your diet. They’re the most filling. They help you stay healthy.
- **Cut down on fat.** Eat lean meat (without skin or fat). Try nonfat cheese or yogurt. Eat more fish, nuts and vegetable oil. Eat less butter, margarine and shortening.
- **Limit alcohol and sugar.** They add calories. Drink water, sugar-free sodas and decaf coffee or tea.

Most people who lose weight slip up once in a while.

3 Eat less.

Cutting back on calories is easier than you think.

- **Have smaller helpings.** Most people eat 2 to 3 times more than a standard serving.
- **Split your meal** with a friend when you eat out. Or take half home to eat later.
- **Have small, healthy snacks** between meals. Try fruit, vegetables, low-fat yogurt or popcorn. This can help you eat less at meals.

What If I Slip Up?

Think what you’ll do if you go off your plan.

- **Be patient with yourself.** Changing habits takes time. Learn from your slip to make your plan stronger.
- **Don’t give up.** Ask yourself what happened. Make changes to your plan if you need to.
- **Get back on track.** Make your favorite healthy meal. Mark your calendar each time you’re active. Remind yourself how far you’ve come.