

Top 4 tips for losing weight and keeping it off



You've decided that you're ready to get to a healthy weight. Good for you! Did you know that this can lower your chance of heart disease, diabetes, and certain cancers? And staying at a healthy weight can make you feel better. Now, that's something to look forward to! Losing weight and keeping it off takes dedication. Yet, you can do this.

We wrote this handout to help you get started.

Tip 1: Set a weight goal and learn your BMI

Talk to your doctor and set a weight goal together.

Write how much you would like to weigh here: _____

Write your reasons for wanting to reach (and stay at) a healthy weight:



Tip 2: Eat less—you decide how!

You know you need to eat less to lose weight. Some people give up sugary desserts to help lower calories. Others find measuring their foods and watching portions is the key. Often, making just a few changes can help with weight loss.

How will you choose to eat less each day?

Tips to eating fewer calories:

- Limit high-calorie snacks.** Instead, choose lower calorie, healthy snacks, such as a carrot with a low-fat dip or a few whole-wheat crackers with a teaspoon of peanut butter.
- Skip or share sugary and high-fat desserts.** Instead, eat a piece of fresh fruit. Or add cut up fruit to low-fat plain yogurt.
- Cut back on high-calorie beverages.** If you drink alcohol, limit the amount you drink. Drink water instead of soft drinks. Instead of drinking a jumbo-sized juice, drink a small glass of 100% fruit juice or eat a piece of fresh fruit.
- Eat smaller portions.** Use a measuring cup to get a true view of how much you are eating. Many people are surprised to learn they are eating much more than they think until they measure their food!



What's the right weight for my height?

Check your body mass index, or BMI for short. BMI is a measure of an adult's body fat based on height and weight.

To learn more and get your measurement today, visit www.nhlbisupport.com/bmi

Write your BMI here:

For more information, visit www.healthfinder.gov

Small changes can make a large difference

Tip 3: Keep track of what you are eating

Studies show that tracking all your meals, snacks, and drinks can help weight loss. Keeping track will give you an idea of your eating patterns. It also can help you see areas where you are doing well and areas where you could improve. For example, are you snacking too much in the evening?

3 ways to track:

- Write down everything you eat and drink in a notebook.
- Track online at www.choosemyplate.gov.
Click "Assess Your Food Intake" to log what you eat and find out how well you're doing.
- Take a photo of the food with your cell phone to remind you of what you ate.

Tip 4: Add activity! It burns calories

Staying physically active can help you arrive and stay at a healthy weight. It makes sense—staying active helps you burn up some of the calories from foods. Most of us don't get enough activity to make up for what we eat.

Go to www.choosemyplate.gov to get tips on how you can stay active. You can also find out more about the types and amount of activity you need to get the most health benefits.

And remember, some physical activity is better than none!

Check off ways you can add activity into your day. Think of other things that you could do!

- Take the stairs
- Walk at lunch
- Hike with your kids
- Ride a bike
- Take up a sport
- Jog in place while watching TV
- Other ways to add activity to my day:

**The key to staying at a healthy weight?
Stay motivated!**

Keep this sheet in a handy place to pull out to read now and again. Continue with your healthy eating and your physical activity habits. And bounce back if you get off your plan.

