

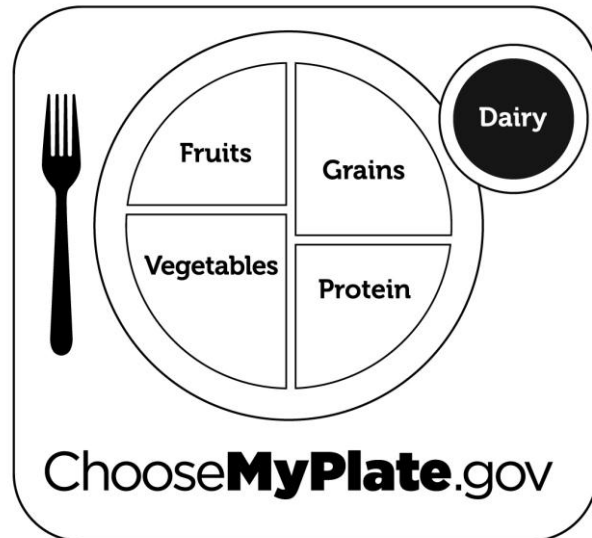
Simple Guidelines for Weight Loss

Start by eating smaller portions

- Look at the nutrition facts to see what is a serving size
- Measure out your food
- Use smaller plates and bowls
- Use the guide to the right to plan your meals

Eat the right amount of calories for You!

- To maintain weight—you want to eat or drink as many calories as you burn
- To lose weight—you want to eat or drink less calories than you burn
- To gain weight—you want to eat or drink more calories than you burn



Physical Activity

- Check with your doctor before starting any kind of exercise plan
- Exercise boosts the metabolism
- For good health, get at least 30 minutes of activity each day

Everyday weight loss tips:

- Set a reasonable goal for yourself
- Allow enough time to reach your goal weight. Don't expect to lose 10lbs in a week!
- Eating 500 less calories a day can equal 1lb of weight loss (1lb = 3,500 calories)
- Eat breakfast! People who eat breakfast tend to weigh less than those who don't
- Don't skip meals
- Stay hydrated
- Track your food and beverage intake either online or in a journal
- Don't get discouraged. It's OK to have an "off" day