

Quick Guide

Tips to Reach and Stay at a Healthy Weight
Habits of Successful Weight Loss



Tips to Reach and Stay at a Healthy Weight

Losing weight can help you prevent or delay type 2 diabetes. Try these tips.

Tip 1: Set a weight goal

Talk to your healthcare provider. Set a weight goal together.

My weight goal: _____

Why I want to reach and stay at this weight:



Tip 2: Eat fewer calories—you decide how!

Some people give up sugary desserts to help lower calories. Others find measuring their foods and watching portions is the key. Making just a few changes can help with weight loss.

Tips for eating fewer calories

- ▶ **Limit high-calorie snacks.** Instead, choose lower calorie, healthy snacks. For instance, try a carrot with a low-fat dip or a few whole-grain crackers with a slice of low-fat cheese.
- ▶ **Skip sweet and fatty desserts.** Try some nonfat plain yogurt with fruit instead.
- ▶ **Cut back on high-calorie drinks.** If you drink alcohol, limit the amount you drink. Drink water instead of soft drinks. If you drink juice, drink only ½ cup of 100% fruit juice. Add water if you want a larger portion.
- ▶ **Eat smaller portions.** Use a measuring cup to get a true view of how much you are eating. When you start measuring your food, you might be surprised to learn how much you're eating!



Other ways that work for me:



Tips to Reach and Stay at a Healthy Weight

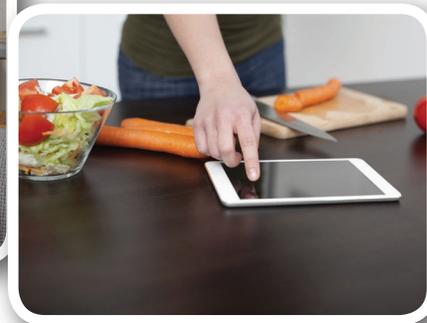
Tip 3: Track your eating

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. For instance, are you snacking too much in the evening?

Try to track when, what, and how much you eat and drink. Also track calories.

Ways to track

- ▶ Record your voice with a smart phone or other device.
- ▶ Take a photo of your food. Write it down later.
- ▶ Use a notebook, spreadsheet, or smart phone or computer app.
- ▶ Write these details in your Food Log.





Tips to Reach and Stay at a Healthy Weight

Tip 4: Add activity! It burns calories

Staying physically active can help you reach and stay at a healthy weight. It makes sense—staying active helps you burn some of the calories you take in. Plus, muscle burns calories, even at rest.

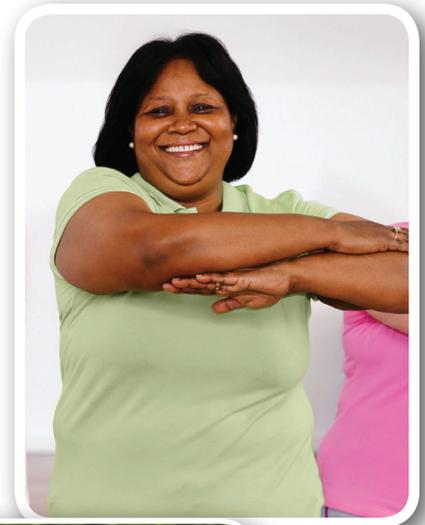
Go to www.choosemyplate.gov to get tips on how you can stay active. You can also learn more about the types and amount of activity you need to get the most health benefits. You're sure to find something you enjoy!

Ways to add activity to your day

Check off the ideas you want to try.

- Hike with your kids or grandkids.
- March in place while you watch TV or videos.
- Ride a bike.
- Take the stairs.
- Try a new sport.
- Walk during your lunch break.

Other ways to add activity:



Adapted from: Eat Healthy Your Way. Top 4 tips for losing weight and keeping it off. OPPHP.
http://www.health.gov/dietaryguidelines/workshops/DGA_Workshops_Wkshp_4_handout.pdf



Habits of Successful Weight Loss

In studies of people who have lost weight and kept it off, certain habits have been proven successful. These habits can help you succeed, too!

Track your eating and activity

- Keep a food log and a fitness log. This can help you track your progress and spot trends.

For instance, you might notice that you buy unhealthy food from a vending machine when you work overtime. To solve this problem, you could pack your own healthy snacks. Or you might notice that you skip your workout when your grandchildren visit. To solve this problem, you could do something active with them, like playing Frisbee.



Adopt healthy and realistic eating habits

- Choose healthy habits that you can stick to over the long term.

This will help you stay at a healthy weight. For more ideas about healthy eating, visit Healthy Eating for a Healthy Weight (http://www.cdc.gov/healthyweight/healthy_eating/index.html).

- Be consistent.

Plan ahead for holidays, trips, and special events. This will help you stay on track with your eating habits.

- Eat breakfast each day.

This will help you make healthy choices. If you skip breakfast, you may get too hungry and make unhealthy choices.





Habits of Successful Weight Loss

Track your weight

- Weigh yourself.

Try to weigh yourself once a week. That way, you can adjust your eating and activity as needed. It's easier to get back on track when you've gained 2 or 3 pounds than when you've gained 5 or 6.

Stay active

- Get physical activity each day.

Get at least 150 minutes of activity each week, at a moderate pace or more. That means being active for 22 minutes a day. You could break that time into smaller chunks. For instance, you could be active for 10 minutes each morning and 12 minutes each evening.

Get support from family and friends

- Ask your friends and family to encourage you, eat healthy with you, and be active with you.

Their support can help you stay on course and cope with challenges.

Get support from others

- Join a sports team or league.
- Join a support group—online or in person.
- Join a walking group. Or start your own.
- Take a healthy cooking class.

