

A Healthy Weight

It's All About Balance

Ways to achieve a healthy weight don't come in a "one size fits all" package – everyone's health and lifestyle patterns are different. However, at the core of maintaining a healthy weight is a simple solution that can help anyone achieve their goals – BALANCE what YOU EAT with what YOU DO. Proper nutrition and regular physical activity work hand in hand when it comes to good health. Following are some simple, Everyday Solutions to fuel the mind, body and spirit.

Nutrition

**Be Realistic! Be Sensible!
Be Flexible! Be Adventurous!**

- Power up with power foods – green vegetables, red fruits, whole grains, low-fat dairy and lean meats provide a power pack of nutrients in relatively small caloric packages.
- Order once, enjoy twice. Big portion sizes don't have to be eaten in one sitting. Eat half your steak in the restaurant and take the rest home for a steak salad or beef and broccoli stir-fry.
- Savor your foods – if you eat slower you'll eat less, enjoy it more and avoid feeling stuffed. It takes about 20 minutes for your brain to get the signal that your stomach's had enough.
- Snack from a plate, not from the bag, to stay aware of how much you are eating.

Physical Activity

**Start your engine!
Get moving one step at a time.**

- Aim for the empty parking spot further from the door. Driving around for the close spots takes time that can be better spent walking.
- Why should kids have all the fun? While they play soccer or softball, walk around the field instead of watching from the stands.
- Plant a vegetable garden. All that digging, hoeing and weeding helps you get fit. Bonus: You'll reap the best-tasting veggies ever!
- Buy a city street map or a bike path guide. Refer to it frequently for new or scenic ways to walk home, bike to work or walk the dog.

