

# Weigh to Health

## 20 habits for everyday health



Reaching and maintaining a healthy weight is one of the best things you can do for your overall health. It may take time to get there, but it's worth it.

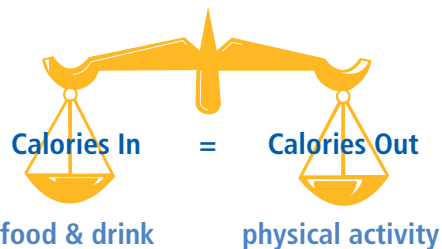
**The key is balance: making sure that the calories you eat match the energy you use.**

### **SMALL CHANGES, BIG RESULTS**

To lose one pound, you need to change your energy balance by 3,500 calories. Sounds like a lot, doesn't it? But you can get there with small, daily changes.

Here's an example: say **you cut out one regular soda** every day. A 12-ounce soda contains about 125 calories. In a year, this means a reduction of about 45,625 calories just from the soda you're NOT drinking every day.

If you eat fewer calories than you use up with physical activity, you can expect to lose weight.



If you eat more calories than you use up with activity, you can expect to gain weight.

If you're using all the calories you're eating, **you've achieved a balance** that will allow you to stay at a healthy weight for the long term.

**The twenty tips in this handout will help you find that balance.**

They're a mix of proven ideas that help you to:

- Maintain a healthy awareness
- Build good eating habits
- Lead an active life

### **Maintain a healthy awareness** of how much you eat, move, and weigh

- 1 Turn off the TV** when you eat. Notice—and enjoy—every bite.
- 2 Always put your food on a plate or in a bowl.** Don't eat straight from the bag or fridge container.
- 3 Track your food choices and physical activity every day.** Use a chart, log book, or website.
- 4 Notice what you're eating.** Watch your portion sizes, and learn the calories and fat content of the foods you're eating.
- 5 Use a pedometer to count the number of steps you take in a day.** (Work up to 10,000 steps—that's about three extra miles added to your daily routine.)
- 6 Check your weight on a regular basis.** Once a week is about right for most people.



## Build good eating habits that nurture your body and soul

- 7 Always eat a good breakfast, low in sugar and fat.** Studies show that breakfast-skippers are more likely to have weight problems. So eat breakfast—and make it substantial enough to escape the mid-morning munchies.
- 8 Keep junk food out of the house.** If it's not around, you won't be tempted.
- 9 Snack healthy—or not at all.** See the list at right for some healthy snack ideas.
- 10 Go for whole-grain** bread, cereal, crackers, and pasta.
- 11 Eat more fruits and vegetables,** fewer packaged foods and snacks.
- 12 Drink water, not soda or diet soda.** Both regular and diet soda are linked to obesity and other health problems.
- 13 Keep the serving bowls off the table** to discourage seconds. (Extra helpings of vegetables are encouraged, however!)
- 14 Eat meals with your family** as often as you can. Studies show that shared meals promote health for everyone.



## Lead an active life for better health for you and yours

- 15 Schedule 30 to 60 minutes of aerobic activity into each day.** And when you get busy, make this the last thing—not the first thing—to go.
- 16 Mix it up.** Add some weight training and stretching to your regular aerobic activity.
- 17 Set goals.** Each week, go a little farther or a little longer—lift a little more or work a little harder.
- 18 Find a buddy** to help you stick with a program.
- 19 Sneak some extra activity** into your day with the ideas at right.
- 20 Make it a family affair.** Walk after dinner with your loved ones, or set aside a day each week for a tennis match, a hike, or a trip to the pool.

### HEALTHY SNACK IDEAS



- Baby carrots
- A few whole grain crackers
- A glass of low-fat milk or soymilk
- A hardboiled egg
- Snap peas
- An apple, or a cup of applesauce
- A small handful of nuts or raisins
- A slice of whole grain bread
- Cut-up broccoli, cauliflower, cucumber, or green pepper
- Low-fat, low-sugar yogurt
- A piece of low-fat cheese

### ACTIVE HABITS— GET INTO THEM!



- Take the stairs instead of the elevator.
- Walk whenever you can, instead of driving.
- Get off the bus or train a stop early—or park farther away and walk.
- Stand up while talking on the phone. And if you have a cordless or cell phone—walk while you talk.
- Lose your TV remote control—get up to change channels.
- At work, use lunch hours and coffee breaks to take a walk around the building.
- Use the restroom on a different floor at work and home.
- Make social occasions more active. Instead of dining out, go dancing, bowling, or hiking.
- Schedule walks before or after dinner. Take the whole family.
- Turn weekends into activity days. Go hiking, biking, golfing, or cycling—and bring a healthy picnic along.
- Create a “walking carpool.” Take turns walking your kids—and your neighbor's kids—to and from school.
- Get a dog—and walk your new friend twice a day.

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