



## It's Your MOVE!®

Here are some strategies to help you reach your weight and fitness goals.

### Behavior

- Be positive! Be thankful for what is good in your life, and practice positive self-talk.
- Don't beat yourself up if you miss a goal, just start again.
- Use the Food and Physical Activity Diary to track your weight, physical activity, food intake, and mood.
- Weigh yourself daily, measure your waist weekly, and track your progress on a calendar or graph.
- Share your new goals with others.
- Ask your family/friends for their support in your "healthier you" efforts.
- Celebrate every 5 pounds lost. Take a moment in the grocery store to lift a 5-pound bag of sugar. Be mindful of the weight you have lost.
- Raise your arms in the air and cheer yourself on when you meet your physical activity goals.



### Nutrition

- Eat healthier foods at meals and snacks.
- Become a "food label reader."



- Avoid extra calories:
  - Skip the mayo – use yellow mustard instead.
  - Drink water instead of juice.
  - Give up the following for now: butter, cinnamon rolls, deep-fried blooming onions, double-decker bacon cheeseburgers, and high-calorie desserts.
  - If you drink soft drinks, choose diet over regular.
  - Skip the cheese on your sandwich.
  - At a restaurant: tell the wait staff to skip the bread, drink a big glass of water while waiting for your food, eat veggies or a side salad instead of fries or a loaded potato, eat half of your entrée, and take the rest home.
  - Use light or fat-free salad dressings.
  - If you are a meat eater – eat chicken and fish, view steak and hamburger as a treat.
  - Remove one slice of bread from your sandwich.
  - Share one dessert when eating with four or more family members/friends.
  - Stay away from fast food most of the time.
- Practice eating slowly and enjoy each bite.
- Write down what you eat every day – know the approximate calories of what you eat.
- Eat frequently (choose healthy foods).



- Never go hungry.
- Don't deprive yourself – just plan ahead (enjoy a small piece of wedding cake).
- Shop from a grocery list and never go to the grocery store hungry.
- Know the correct portion size (count out 15 peanuts).
- Enjoy a 150-calorie frozen yogurt.



### **Physical Activity**

- Start walking.
- Start slowly and build select activities you enjoy.
- Take a walk instead of a nap after eating a holiday meal.
- Walk with a buddy.
- Park farther away, take the stairs, and get up at commercials, etc. – every movement counts!
- Wear your pedometer every day.
  - Enjoy the fact that you are doing something good for yourself!

