



ACTION STEPS FOR WELLNESS

10 action steps to control your weight



1. Make physical activity a fun part of your life! Take a fitness or dance class with family or friends. Join a team sport.
2. Use your smartphone for health's sake! Download free apps to help you set up and keep track of your weight, physical activity, and food intake.
3. Build muscle with strengthening exercises. Muscle burns more calories than fat.

4. Walk with a friend. Wear a pedometer to track your steps.
5. Work extra activity into your day. Take the stairs. Do chair exercises at your desk.
6. Shop for foods after you have eaten. Start with produce, then the outer aisles for fresh meats and dairy foods. Avoid aisles with processed foods, cakes, cookies, and munchies high in fat and salt.
7. Make fruit your everyday dessert.

8. Drink water and unsweetened drinks instead of sugary drinks, such as soda and sweet tea.
9. Get seven to eight hours of sleep a night to help regulate hormones that control hunger and help you feel full.
10. To deal with emotions, walk or do another physical activity instead of eating.