



Try not to focus  
on the number  
on the scale.  
Instead, focus  
on healthy food  
choices, watching  
portion sizes, and  
getting regular  
physical activity.

# Weight loss tips

Make being active a priority every day.



Muscle burns more calories than fat. To build muscle, do strengthening exercises. Use weights, a stretch band, etc.

Walking just 2 flights of stairs every day for a year burns enough calories to lose almost 2 pounds of body fat.

Make wise choices when you eat out. Eat at places that offer healthy food choices. Limit portions.

Having just two 12 ounce regular soft drinks a day could add 30 pounds of weight in one year. Limit regular soda. Drink water instead.

Fat-free and reduced fat foods are not calorie free. Some of these products may have as many calories as their regular counterparts. Read food labels. Find out the number of calories the food item has per serving.