

Strive for a healthy weight

FACT: People with gradual, steady weight loss (1-2 pounds a week) are more likely to keep the weight off than people who lose weight quickly.

Find activities you enjoy.

**Get
MORE
exercise**

**Drink water and
unsweetened
beverages. For
every day dessert,
have fruit to eat.**

**WATCH
LESS TV**

**Spend
less time
sitting**

**Avoid sugar-
sweetened drinks
and make high
calorie snacks
and desserts an
occasional treat.**

