

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.

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

Get MORE exercise

Spend less time sitting

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

