



# Strive for a Healthy Weight

## *Plan for Success*

**S**leep enough. Getting seven to eight hours of sleep a night helps regulate hormones that control hunger and help you feel full.

**U**se more calories by being more active. Sit less. Move more.  
When you are sitting, exercise your arms, hands, and shoulders.

**C**ontrol portion sizes. Fill half your plate with vegetables and fruit.

**C**hoose fruit for your everyday dessert.

**E**at meals and snacks at regular times. Have breakfast every day.  
Eat with your family at the table, not in front of the TV or while you are doing another activity.

**S**hop for foods after you have eaten. Start in the produce section. Then shop the outer isles for fresh meats and dairy foods. Avoid aisles with processed foods, cakes, cookies, and munchies high in empty calories, saturated fat, added sugars, and salt.

**S**ubstitute water or unsweetened beverages for sugary ones. Giving up two 12-ounce sodas a day can help you lose 30 pounds a year!

