

how to Lose weight



For most people, slow and steady wins the race going at a turtle's pace.

Aim for a weight loss of 1 to 2 pounds a week. Losing just 7 to 10 % of your current weight has health benefits.

- **Enjoy your food, but eat less.** Cut down on portions, especially high-calorie desserts and snacks. Plan healthy meals and snacks. Eat at regular times.
- **Move more, sit less.** Limit computer and TV time. Plan for and do regular physical activity. Choose activities you enjoy doing.
- **Keep a daily food and physical activity log.** Studies have shown that people who do this are more successful at losing weight and keeping it off.

Lose weight. Gain health.