

## Burning Off More

**INJECT** activity into your everyday life. **Suggestions:** Walk short distances instead of driving ... do yard work ... tackle housework briskly ... play actively with children or pets ... chop food and mix dough by hand ... ride a stationary bike while watching the evening news.

**BOOST** your metabolism with strength training and aerobic activities you enjoy, such as walking or swimming. **Benefit:** You'll burn calories both during the workout and for several hours afterward.

**EXERCISE** in the morning. **Why:** Two-thirds of the calories burned come from stored fat instead of carbohydrates — the main energy source in afternoon workouts.

**FIND** a group or partner to exercise with. You'll be much more likely to stick with a new workout routine and keep off the pounds you lose.

**Important:** Check with your doctor before starting a regular exercise program if you're over age 50, smoke, have been inactive, are overweight or have an ongoing health problem.



## Three Basic Weight Management Principles

1. Weight is determined by many factors, including those you inherited, such as height, body shape and metabolism. Work on the factors you can control, a little at a time, and focus on the future.
2. Don't torture yourself with a too-strict diet. Start by just eating less of what you already love.
3. Taking in more calories than are expended as energy means extra weight. If you can only work one side of the equation, exercise more. **Why?** Weight lost through exercise alone may be easier to keep off.

### The 500 Rule

To lose a pound of fat in a week, each day consume an average of 500 fewer calories or burn 500 more calories than you normally do.

Average calories burned per hour by a 150-pound person:

- Raking leaves 222
- Mopping floors 252
- Walking, normal pace 330
- Aerobic dance 420
- Swimming 522



# MANAGING YOUR WEIGHT

## How to Achieve and Maintain a Healthy Weight

### EVERYTHING TO GAIN

Why manage your weight? It's simple. In addition to helping you look and feel better, maintaining your proper weight reduces your risk of serious health problems, including heart disease, high blood pressure, diabetes and some cancers. Plus: Controlling your weight can help you feel more in control of your life.

One strategy is to watch what you eat, of course. But the secret to keeping off excess weight for good is to change sedentary ways and other habits that cause weight gain in the first place. Here's a game plan you can live with.

## Taking In Less

**Audit your eating.** For one week, keep a record of everything you eat. **Reason:** You need to know what your current habits are before you can start new ones.

**Fool yourself.** Serve yourself half the amount you usually eat if you tend to eat whatever is in front of you. **Tip:** Use smaller plates to make less food look like more.

**Trim fat.** Opt for lean meats and cold cuts, skinless chicken, fish, and low-fat or nonfat dairy items.

**Don't skip meals.** Missed meals can slow the rate at which your body burns calories and lead to high-calorie snacking binges.

**Fill up on fiber.** High-fiber foods make you feel fuller longer and aid digestion. **Fiber-rich choices:** fruits, vegetables, beans and whole grains.

**Keep your appetite in check.** Fill up between meals with low-calorie nibbles.



**Take your time.** It takes about 20 minutes for your brain to receive the signal that you're full. Eating quickly can lead to overeating. **Strategy:** Put down your silverware between bites ... chew slowly ... savor each flavor and texture.

**Smart snacks:** plain yogurt, low-fat crackers, an orange or a banana. **Idea:** Curb your appetite by drinking four to eight glasses of water a day.

## When Dining Out

One-third of the food you eat is consumed away from home. But restaurant meals can be high in calories. **So remember:**

**Start right.** Choose a low-fat appetizer such as a green salad, shrimp cocktail or raw vegetable platter.

**Watch for hidden fat.** Avoid creamed, pan-fried and sautéed dishes, as well as buttery, cheesy and crispy ones.

**Keep the main course lean.** Favor entrees featuring chicken breast, fish, shellfish, pasta or other low-fat foods.

**Control portions.** The official standard serving of meat is only 3 ounces (no larger than a deck of cards). So a 12-ounce sirloin is actually four dinners' worth.

**Suggestion:** Split an entrée with a friend.

