

Skip the labor-saving devices and **work** your body instead.

Rev up your engine; require more **energy** from your body with physical activity.

Do **aerobic** exercises for at least 30 minutes, five days per week.

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HEALTHY TOP TEN

Build **muscle** with strengthening exercises twice a week (hand weights, resistance bands, yoga).

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Don't skip **meals**; depriving your body of food actually slows your metabolism.

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Boost Your Metabolism

Balance **energy in** (from foods and beverages) with **energy out** (physical activity and exercise).

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Nibble on healthy **snacks** often, and eat smaller meals at mealtime.

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Find out your **calorie allowance**; it's based on your age, gender and physical activity level.

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Get your health care provider's OK before increasing your physical activity level.

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Beware of **dietary supplements**; check with your health care provider first.

