



LIVE HEALTHY

Ready to Reach Your Healthy Weight?

Have you made a goal to lose weight? We believe you can! Talk to your doctor to find out the best weight for you and make a weight loss goal.

Consider making small changes that you can live with for the long run. It is most often best to lose weight little by little. Be patient with yourself. Ask for support from your family and friends.

Why lose the weight?

Losing weight is one of the best ways to reduce your risk for health problems like diabetes, stroke and heart disease. Getting to and keeping a healthy weight can help you feel better. You will have more energy for the things you love in life.

Tips that can make a big change in weight

Chose these foods more often:

- Fruits and veggies (5 servings or more, 1 helping is ½ to 1 cup)
- Chicken, turkey, fish, beans, peas
- Nonfat or 1% milk or yogurt, low fat cheese, low fat cottage cheese, plain soy milk
- Baked, boiled, broiled or steamed foods
- Whole grain foods like 100% whole wheat bread, tortillas, or brown rice

Eat these foods less often:

- ✗ Chips, cookies, pastries
- ✗ Ice cream, flavored milk, candy, juice bars
- ✗ Pan fried or deep-fat fried foods
- ✗ Hot dogs, sausage, bacon, salami
- ✗ Butter, lard, shortening





Drink up

soda, swe

Get moving: Walk 20 – 30 minutes most days of the week. You may also like to:

- ✓ Play jump rope
- ✓ Dance
- ✓ Play basketball, soccer or Frisbee
- ✓ House and yard chores (vacuum, rake, garden)



Turn off the TV: Limit time in front of the TV and video games to *no more than one hour a day*.

Some tricks to better eating habits

- Eat three balanced meals a day and planned snacks.
- Have breakfast every day, even if you are short on time.
- Eat meals together as a family as often as you can. Work around busy schedules. This can be a time for talking about the day and sharing. If you are single, plan a meal and sit at a table to eat. Do not sit in front of the TV during meal times. (*Watching the TV tends to increase the amount eaten!*)
- Keep healthy foods within easy reach at home. Keep “junk” foods out of the house. Just don’t buy them.
- Limit eating at fast food places. Fast food tends to be high in salt, fat and calories. Avoid “supersized” meals and drinks.
- Listen to your body. Eat only when you are hungry, not because something looks good.

You don’t have to do this alone! For classes and tools to help you reach *your* healthy weight, call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-932-2738

CRS/TTY: 711 or 1-800-735-2929

8 a.m. to 5 p.m., Monday-Friday

Permission is granted to use and duplicate these materials for non-profit education use as long as no changes are made without permission from Alameda Alliance for Health.