

Helpful Weight Loss Tips

Monitor your progress by keeping a food diary or writing down situations where you feel the strongest desire to overeat. Avoid or learn alternatives to cope with these situations.

- **Set reasonable goals** over a reasonable time period—5 pounds is more obtainable than 100 pounds.
- **Ask trusted friends for support** and constructive feedback. If you belong to a religious community, **ask for prayer and spiritual support**. (If you had cancer, you wouldn't hesitate to ask.)
- **Commit to daily exercise**—starting at 10 to 15 minutes a day is better than nothing, and your heart will thank you. Part of the goal is creating an exercise habit.
- **Increase your activity to at least 150 minutes of moderate exercise per week** to improve your overall health and for a better chance of weight loss.
- **Find some exercise or walking partners**. You'll be surprised how many others need the motivation to exercise.
- **Pat yourself on the back** when you've accomplished a goal. Reward yourself with a new outfit or treat yourself to a movie. (Bring your own low-fat popcorn!)
- **Act—don't react**. If you impulsively reach for the bag of chips when you make a sandwich, try rice cakes.
- If you like to "graze" at night, **have low-calorie snacks** like carrot sticks or pre-sliced apples. Consider taking an evening class or find some other activity to occupy your time and take your mind off of food.
- Remember that **weight loss is a marathon, not a sprint**. You don't have to win—you just have to finish.
- **Find healthy activities that you can continue for the rest of your life**.

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